

Sports pg 14

Hart still stuck with interim tag



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EASY MONEY WEEKDAYS

@ 7:13am, 8:13am, 12:13pm & 4:13pm

Three teens get washed out at Peggy's Cove

ACCIDENT Three teenagers "were very lucky" they made it out of the Atlantic Ocean safely after wandering too close to the crashing waves and falling into the waters off Peggy's Cove yesterday evening in the wake of hurricane Bill, police say.

Halifax RCMP spokesman Cpl. Joe Taplin said three young men were "walking along the rock face near the lighthouse" shortly before 6 p.m. when "a wayward wave came in and they got washed out" into the sea.

"One of them was actually submerged in the water" for about three minutes, "and his two buddies... pulled him out," Taplin said.

He said the teens were soaked and "quite shaken up."

"It just shows you how dangerous it is out there," he said, adding that's why RCMP closed the road leading into Peggy's Cove overnight.

KRISTEN LIPSCOMBE/
METRO HALIFAX

Workology pg 19



For love of wild weather

World pg 7

Thousands flee Greek fire

Hurricane Bill all bluster

Storm brings lots of rain, wind but leaves without inflicting any damage

KRISTEN LIPSCOMBE
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Bill blew through Nova Scotia yesterday, but was more of a bust than a blast, slowing to a Category 1 hurricane by the time he brushed by the province.

Between 50 and 60 millimetres of rain fell over Halifax Regional Municipality, with winds of up to 87 kilometres per hour also whistling through this part of the province, according to the program supervisor for the Canadian Hurricane Centre.

"Half of the rain with the storm evaporated, which was a Godsend," Peter Bowyer said late yesterday.

Late last week, Bowyer's team was predicting hurricane Bill had the potential to become a "strong Category 2; marginal Category 3" storm, bringing to Nova Scotia gusts of at least 120 kilometres per hour, along with more than 100 millimetres of rain within 12 hours.

But Bowyer said Bill was still a "solid Category 1" hurricane yesterday, prompting tropical storm warnings for the province's Atlantic coast and at one point a hurricane watch for Cape Breton.

He said the rainfall that rocked Nova Scotia yesterday, combined with whipping winds and dangerous waves, created "quite a fury out there."

But Patrick Aucoin, who walked along the Halifax waterfront during the storm, called hurricane Bill



Two women shield themselves from the driving rain after checking out the waves at Conrad Beach in Lawrencetown yesterday. Hurricane Bill brought rain and wind to Nova Scotia but left without causing any significant damage.

Bill can't match up to Juan and Noel

Bill definitely ain't no one, er, no Juan. Peter Bowyer, program supervisor for the Canadian Hurricane Centre in Dartmouth said there's "no comparison at all" between hurricane Juan, which hit Halifax Regional Municipality and

"disappointing."

"We were prepared for a lot worse," Aucoin said. "It didn't feel like a hurricane at all."

Waves, however, reached heights of more than 10 metres on some parts of the coast, Bowyer

said, adding the largest recorded waves offshore were close to 26 metres high. "Anyone who was crazy enough to be out there saw a spectacular show and I hope they didn't get hurt by them."

Bowyer said Bill doesn't even match up to hurricane Noel, which was "about two-and-a-half to three times the size of this storm" when it hit Nova Scotia as a post-tropical storm system in early November 2007.

Barry Manuel, co-ordinator for the municipality's Emergency Management Organization, said waves will remain dangerous for a few days. "People have to stay away from the water's edge."

Besides power outages

throughout HRM and debris blocking the road leading to Peggy's Cove, he said yesterday, there "has been very little physical damage."

Sunshine was trying to break through the grey clouds over Halifax late yesterday afternoon, but Bowyer said the storm's strongest winds still hadn't hit the province, with gusts of up to 100 kilometres per hour expected to blast the Cape Breton coast in the evening, with flooding also posing a potential problem there.

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PRESIDENT & CEO, MAPLE LEAF FOODS INC.

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A handwritten signature in black ink, appearing to be "M. McCain", with a long, sweeping horizontal line extending to the right.

Michael H. McCain
President and CEO

Bank robbery suspect to appear to court

A 54-year-old man is scheduled to appear in Halifax provincial court today to face charges in relation to a bank robbery earlier this month at the Bank of Montreal on George Street. Halifax Regional Police said officers arrested the suspect in south-end Halifax last Thursday. **METRO HALIFAX**

3

Local

Bridges stay open to vehicles

Both harbour bridges stayed open to vehicular traffic during hurricane Bill, though the walkway and bike-way was closed on the Macdonald Bridge and re-opened when the storm passed later in the day. Halifax Harbour Bridges' policy is to close the Macdonald Bridge to pedestrians and cyclists when winds of 75 to 85 kilometres per hour are reached. Wind speeds must hit a sustained level of 120 km/h for the Macdonald and MacKay bridges to be closed to all traffic. **METRO HALIFAX**



Metro Transit stays on course

TRANSPORT It was all systems go for Metro Transit yesterday.

Both the buses and harbour ferries maintained regular service throughout hurricane Bill, though Route 9 was shortened due to the municipality's closing of Point Pleasant Park, and Route 60 had to re-route somewhat because of water swells on the end of Cow Bay Road.

"We didn't lose ferry service. We didn't lose transit service," said Halifax Regional Municipality spokeswoman Shaune MacKinlay. "The ferries, at one point, when the weather was particularly bad, there was a question of whether or not they would continue to run, and they left that up to the ferry captain to determine based upon their own expertise, and they kept the ferry service (running)."

Bill lashed out the hardest at HRM in the early part of the afternoon. MacKinlay said "they were definitely contemplating at one point curtailing ferry service" between Halifax and Dartmouth, but it didn't happen.

"We were fortunate in that the most intense weather was short-lived," she said. "They maintained it during that, and then they saw the weather ease up a bit, so they were able to keep it running."

**PHILIP CROUCHER/
METRO HALIFAX**

Bill thrills coastal wave-watchers

Surging surf draws curious spectators despite police warnings

PAUL MCLEOD
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Scores of people laughed off police warnings as they flocked to Nova Scotia's shores to watch the waves yesterday during hurricane Bill. However, authorities weren't making it easy for the wave-watchers.

Lawrencetown Road was closed down after police decided the surf crashing onto the coast was too dangerous.

Alissa Cox and Greg Spears were two of the many people who then moved over to nearby Conrad's Beach in Lawrencetown to keep close to the ocean.

"This is insane. It's never been like this. Usually it's so calm here, but the waves are just crazy," Cox said during the height of the storm.

Bill may have been a bust as far as hurricanes go across the Halifax Regional Municipality, doling out little structural damage. But on the shorelines the wind and rain was powerful enough to keep people



A man videotapes the storm surge created by hurricane Bill in Cow Bay yesterday.

from stepping outside.

"(The rain) hurt my skin, it was that hard. I had to turn around and come back," said Amy Hemlow, one of several people who didn't even make it from her car to Conrad's Beach.

"I only made it as far as the boardwalk and it felt like hail," added her friend William Faulkner.

Those who did make it out didn't seem disappointed. Waves reportedly reached as high as the

lighthouse at Peggy's Cove. But before long, police cleared people away from that area as well.

During the height of the storm, police scanners were buzzing with reports of officers shooing people

away from the water.

"We never get stuff like this. That's why I came out here even though they warned us," Hemlow said. "I want to see what everybody else is seeing because it doesn't happen often."

Storm knocks out power for thousands across province

KRISTEN LIPSCOMBE
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OUTAGES Broken tree limbs wiped out electricity in many parts of the municipality yesterday, with most homes and businesses affected by hurricane Bill expected to be back up and running by yesterday evening.

"Our expectation is that we will have all customers in Halifax with their power restored by end of day to-

day," Nova Scotia Power spokeswoman Stacey Pineau said shortly after 3 p.m. yesterday.

At that time, she said 5,000 customers in the Halifax area were still without power, with outages affecting "almost all parts of the city."

Across the province, she said, more than 25,600 customers were without power, with more outages expected as the storm swept through Cape Breton.

"We've got people up

40,000

The number of customers in the province who were without power at the height of the storm, according to Nova Scotia Power.

there who will be working throughout the night," Pineau's colleague David Rodenhiser added later.

At the height of the storm, 40,000 customers

were without power, he said, but that number dropped to just over 1,000 by 9:30 p.m., and only about 170 across HRM, mostly in the Lucasville area.

The province's Emergency Management Office sent out a reminder yesterday afternoon, telling residents to stay away from any downed power lines.

Despite heavy winds and rain, there were no car crashes around HRM due to the hurricane, police

said. "It wasn't a bad day at all for us," said Sgt. Mark Hobeck, watch commander for Halifax Regional Police. "There were a few pockets of power outages and ... some traffic lights out ... but really nothing major at all."

Halifax RCMP Cpl. Joe Taplin agreed "the roads were very quiet," adding only a handful of cars hydroplaned off Highway 102 and most people seemed to stay home.

Hurricane forces temporary cancellation of all flights at Halifax airport

PHILIP CROUCHER
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TRAVEL The Halifax Stanfield International Airport was basically a no-fly zone thanks to hurricane Bill.

All flights to and from the airport were cancelled from 8 a.m. to 6:30 p.m.

yesterday, disrupting hundreds of people's travel plans.

While an official count wasn't known, airport spokeswoman Ashley Barnes said the cancellations likely affected about 100 flights.

"It was all the individual airlines' decision," Barnes

said of the cancellations, which started trickling in during the early hours of yesterday morning. "The airport was still open if any flights choose to come in, but they all made the decisions independently."

"The winds were just too strong for them to do so," Barnes said anywhere

from 30 to 60 people were stranded at the airport at any one point during the day as passengers waited for flights to take off.

But she added most people checked their flights' status before heading out, which helped keep down the number of passengers stranded at the airport.

The first flight following the storm came in from Montreal just after 6:30 p.m. The first departure from Halifax was scheduled to leave about an hour later.

"Individual airlines are trying to get all the flights that were delayed rescheduled," Barnes said.

metronews.ca

WHAT'S ONLINE TODAY

Blogs Kenya Hunt puts the spotlight on the Gap's return to its denim roots

Lotteries
Friday, Aug. 21
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These results are not official.

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Calgary police have arrested a Nova Scotia man on the run for over a year after being wanted on Canada-wide warrants for two counts of attempted murder. Cory Kyle Langille, 22, was arrested Friday in relation to two men being injured in separate knife attacks in Bridgewater June 2008. **METRO HALIFAX**

Peace activist dies at 100

Founder of Nova Scotia women's group remembered by friends, family

HILARY BEAUMONT
for Metro Halifax

A capacity crowd clapped along to a soul-filled rendition of Happy Birthday at the Rebecca Cohn Auditorium last fall.

Halifax peace activist Muriel Duckworth, who died over the weekend, was celebrating her 100th birthday on Oct. 31, with friends and family surrounding her.

Sitting in a wheelchair on stage that day, Duckworth's face lit up with a smile of appreciation.

"It's been wonderful to have this celebration," she told the crowd. "I've never dreamed of anything like this."

"That was a rare, rare moment for any of us to see: somebody who deeply deserved it to be honoured in her own community," remembered Marion Douglas Kerans, a friend who wrote the biography Muriel Duckworth: A Very Active Pacifist.

The Quebec-born Duckworth, who moved to Hal-

ifax in 1947, died in a Quebec hospital on Saturday. Her family reportedly said she died of old age.

"She showed women how to become true leaders in their community and in the world without losing any feminine grace," Kerans said yesterday.

Duckworth helped found the Nova Scotia Voice Of Women (VOW) and also served on the Oxfam Canada board of directors in the 1970s.



Muriel Duckworth

Social justice

To mark Muriel Duckworth's 100th birthday last fall, Oxfam Canada created the Jack and Muriel Duckworth Fund for Active Global Citizenship recognizing the late couple's roots in social justice. Jack died in 1975.

When the Vietnam War began, she and other VOW members spoke out against the violence. Her strong opposition to the war led her to leave the United Church of Canada

after it refused to denounce the violence.

Duckworth left the church and joined peaceful faith group the Quakers.

Time didn't slow Duckworth down. In her later years, she became a vocal member of peaceful activist group the Halifax Raging Grannies.

"She lived exactly what she taught," Kerans said.

Duckworth is survived by her three children, 11 grandchildren and 12 great-grandchildren. Plans for her funeral are still being arranged.

Two dead in Sydney house fire

TRAGEDY Two women were found dead and two children airlifted to the IWK Health Centre in Halifax following a fire at a Sydney residence early yesterday.

Cape Breton Regional Police Staff Sgt. Mike Kennedy said two females, ages 81 and 53, were found dead after both police and firefighters removed two children from a blaze at 95 Edgewood Dr. in the Hardwood Hill area.

Patrol officers were the first to arrive at the fire that broke out around 3 a.m.

Kennedy said neighbours told police four people were believed to be inside. After approaching the front steps of the home, officers said they heard the voices of children and forced their way inside.

The children, age 10 and six, were taken to the Cape Breton Regional Hospital and were then airlifted to the IWK. **CAPE BRETON POST**

New swine flu plan released

Flu Outbreak

HEALTH The provincial government has released new recommendations on how to deal with influenza A (H1N1), also known as swine flu.

The Health Promotion and Protection Department says Nova Scotians who catch the H1N1 virus no longer have to stay home for seven days, but should minimize contact with others until they are symptom-free and "feeling well and able to resume normal day-to-day activities."

The recommendations, which come from the Public Health Agency of Canada, do say that health-care workers should continue to stay home for seven days after the onset of symptoms.

"This recommendation is under review but is not expected to change," Maureen Baikie, deputy chief medical officer of health, said in a news release Friday. "If people have any concerns, they should consult with their employer."

There have been 17 hospitalizations and one death in Nova Scotia since the H1N1 outbreak started April 26, with cases still being reported, the province says. **METRO HALIFAX**

ShareYourViews

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Contestants race to devour the most ribs in one of the events at the annual Nuts4Ribs charity for testicular cancer awareness held Saturday on the Halifax waterfront

The Ministry of Oink claim third consecutive rib cookoff title

PAUL MCLEOD
paul.mcleod@metronews.ca

CHARITY They are the Lance Armstrongs of Nova Scotia charity rib cookoffs, and they struck again Saturday. John Smith and Nelson Angel — better known by their grill pseudonym The Ministry of Oink — finished first at the Nuts4Ribs Cajones Cookoff challenge on the Halifax Waterfront.

The win makes them a perfect three-for-three for this event.

"We did not see this one coming. The competition this year was incredible," Smith said.

"Right across the board it was the best that I've seen," Angel added.

Eight different teams cooked up ribs for the competition, which is part of Nuts4Ribs, an event started in 2007 that draws thousands of people to the waterfront to promote self-examinations in preventing testicular cancer.

The entries were anonymously presented to a panel

of local judges — which included Metro cartoonist Michael DeAdder (and yours truly).

The judges ate plate after plate of delicious ribs, judging them on presentation, texture and flavour.

For the Ministry of Oink the process started a full three days earlier as they began working on the sauce. But their confidence was shaken when they arrived on-site and saw the depth of the competition.

"Over the last couple of years the advantage had

been that we have smokers so we smoke them," Smith said.

"But this year everyone was pretty much doing that. We walked in and thought 'this one's going to be a tough one.'"

But in the end the Ministry's use of a zesty lime glaze put them over the top.

It was one of several popular events at Nuts4Ribs, which also boasted people scarfing down two-dozen ribs in seven minutes to a dueling banjos score.

Local Muslims begin Ramadan

RELIGION Celebrations for the month-long Muslim holiday Ramadan began in Halifax over the weekend.

During the ninth month of their calendar, Muslims refrain from eating or drinking from dawn until dusk in the name of Allah. This is, according to the belief, said to encourage patience and appreciation of those who are less fortunate.

The Islamic Association of Nova Scotia will host a potluck supper at its Dartmouth mosque each Saturday until the end of Ramadan.

On the last day of Ramadan, known as Eid, the local Muslim community celebrates with a feast. **METRO HALIFAX**

Teen charged with car theft

CRIME The Mounties allege they caught a 17-year-old car thief red-handed early Friday morning in Cole Harbour.

Halifax RCMP said officers spotted a stolen Dodge Neon travelling south on Forest Hills Parkway and then turning into the nearby parking Sobeys parking lot at 3:50 a.m. When the officers turned on their lights and sirens, the suspect took off eventually driving into a chain gate and was arrested after a foot chase, police say.

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A massive pot bust in Charlevoix, Que., netted police a regional record haul of marijuana, sources reported. Quebec provincial police discovered 3,100 marijuana plants on Saturday in a wooded area some 150 kilometres northeast of Quebec City. **METRO NEWS SERVICES**

Canada



State of emergency lifted

The state of emergency has been lifted in a Toronto suburb that was hit hard by a series of tornadoes on Thursday that damaged about 600 homes, CBC News Online reports. The twisters rendered unlivable about 44 of the homes in Vaughan, north of Toronto. Those homes will have to be demolished. Mayor Linda Jackson said police and fire services will remain in the affected areas until this morning. **METRO NEWS SERVICES**

Toronto gets moving on island airport tunnel plan

PORT AUTHORITY The Toronto Port Authority is moving ahead with plans to build a pedestrian tunnel under the lake to the island airport.

Hoping to tap into government stimulus cash it has requested for the \$38-million project, the Port Authority is issuing a formal request for proposals today to conduct an environmental assessment, the first step to any major construction project.

Ottawa has not indicated whether it would approve the request, but it does meet the rules for federal infrastructure funding, said Port Authority chair Mark McQueen.

"We do not have a formal approval, but you certainly have to have your ducks lined up, given the times of March 2011 (for completion)," he said, referring to the date by which projects funded by the federal infrastructure plan must be finished.

But any plan to build an underground passageway is sure to draw the ire of Mayor David Miller, who campaigned in 2003 to kill a proposed bridge, arguing the facility should be kept as a sleepy commuter airport.

Miller's on vacation, but earlier this month he credited former mayor and alderman Sam McBride for helping to kill such a tunnel back in the 1930s.

TORSTAR NEWS SERVICE

Murder suspect found dead in motel

Police believe wealthy Calgarian and reality television star committed suicide

KRISTEN THOMPSON
Metro Canada



Fame

Ryan Jenkins, a Canadian man wanted for the murder and dismemberment of his model ex-wife in Los Angeles, has been found dead in a motel room in Hope, B.C.

Police say staff found Jenkins yesterday afternoon, and that it appears he committed suicide. According to the California district attorney's office he was found hanging in a room at the Thunderbird Motel.

"We'll carry on with the investigation into the circumstances of his death

• The U.S. Marshals Service was offering a \$27,000 reward for information leading to Jenkins' capture.

and how he came to be in that motel room," RCMP Sgt. Duncan Pound said at a press conference in Surrey last night.

"We're still liaising with the U.S. authorities. We made them aware of the circumstances and notification of kin has been completed."

Pound said it's too early to say how long Jenkins had

• Jenkins became a minor celebrity as a contestant on VH1 reality show *Megan Wants A Millionaire*.

been at the motel.

"Our main focus has always been to ensure public safety and we thought it was important to tell the Canadian public that he's been confirmed deceased."

Police had held a press conference in Surrey earlier in the afternoon to confirm that Jenkins, 32, a wealthy Calgary native, crossed the border sometime after the

remains of Jasmine Fiore were found in a dumpster.

At the time, Pound said he couldn't comment on how police knew he was in Canada, but urged Jenkins, if he was watching the news, to turn himself in.

"If (he) is watching this media coverage, we hope that he does see that our goal is to bring him safely into custody and he should not fear for his safety," Duncan said.

A homeless man found Fiore's naked body stuffed in a suitcase in a dumpster on Aug. 15 — a day after Jenkins reported her missing. Her teeth and fingers had been removed and in-



Jenkins

investigators identified her by tracing the serial number on her breast implants.

On Aug. 20, police found Jenkins' boat in Point Roberts, Wash., leading authorities to believe he walked across the border into Tsawwassen.

Calgary Bow River fun



Serena O'Conner-McGeough, 11, with her dog Bella do some street painting with their feet and paws in Calgary as part of the Bow River Flow festival, an event that saw some controversial road closures in that city.

Ignatieff's chief of staff defends appointment

POLITICS There is an old adage in politics — the people who help you get to a position of power can't keep you there.

If Michael Ignatieff was unaware of this old saw, he certainly must know it by now. It has been hauled out regularly by the commentariat this summer to explain why the Liberal leader has made a mistake surrounding himself with charter members of his 2006 leadership team, during a large reorganization of the backrooms.

Ian Davey, Ignatieff's new chief of staff and one of his original loyalists, has a succinct reply to that criticism.

"We're not in power," Davey says. "We're trying to get to power. So if that happens when we're in power, come and tell me that. The name of the game here is to get to government."

Davey, the son of legendary Liberal "rainmaker" Keith Davey, says that his new role is daunting and "humbling."

A couple of weeks ago, Ignatieff announced that former MP Paul Zed, who had been serving as chief of staff, was heading back to Saint John, N.B., and that Davey, who had been serving as principal secretary, was ascending to the top job. Meanwhile, Ignatieff installed Toronto

"We're not in power ... The name of the game here is to get to government."

Ian Davey, chief of staff, federal Liberal party

lawyer Dan Brock, yet another member of his inner circle in the 2006 leadership bid, to Davey's old job.

Some Liberals are muttering that with all this shuffling, Ignatieff has chosen loyalty over experience; friendship over political savvy. Davey, for his part, says he's more than aware of the criticism and the steepness of the collective learning curve.

"Not to sound too corny about it, (but) it's humbling for me, honestly. I grew up in the Liberal party. My family put their lives in the Liberal party," Davey says.

"A lot of us are new and a lot of us are green, but we're not so new and we're not so green any more. We've been here for a number of months now and we're going to keep doing what we have been doing."

He freely acknowledges that some improvements are needed to get in fighting shape for the fall.

TORSTAR NEWS SERVICE

Hardy group takes action on trash-dump project

WATER George Lawrence is proof positive that good things sometimes come to those who wait.

For more than 15 years, he has battled a proposed garbage dump in Tiny Township, just northwest of Barrie, Ont., home to some of the best and most productive farmland in On-

tario's food belt.

A recent surge in local councillors' support has come right in time for this next week's county council vote on the matter.

He didn't do it alone, of course. Lawrence, now in his first term as deputy mayor of the rural township, was part of a close-

knit group of farmers, environmentalists and residents who opposed the Site 41 facility in their quietly polite, rural way.

They could learn tomorrow if they have won a one-year moratorium on the project that they say will pollute the Alliston Aquifer. Scientists say it

contains some of the world's purest drinking water.

As the small, hardy group spread its message, Simcoe County council pushed the 20.7-hectare facility, scheduled to open this fall, through the required environmental process. **TORSTAR NEWS SERVICE**

Woman sues zoo over splashing dolphins

A woman is suing a Chicago zoo for a 2008 fall near a dolphin exhibit, accusing zookeepers of encouraging the mammals to splash water and then failing to protect spectators from wet surfaces. **REUTERS**



7

World



60,000 run for Baltic Way anniversary

About 60,000 people took part in a two-day run to mark the 20th anniversary of a 600-kilometre human chain that showed Balts' wish to regain independence from the Soviet Union, organizers said. The run, which began in Estonian capital Tallinn and Lithuanian capital Vilnius on Saturday, ended last night in the Latvian capital of Riga. The Baltic Way in 1989 was a peaceful protest in which more than one million people linked hands across the three Baltic states. **REUTERS**

Thousands flee Greek wildfires

A huge wildfire fanned by strong winds cut a swath of destruction near Athens yesterday, burning houses, razing large patches of forest and sending thousands fleeing their homes, authorities said.

Efforts to fight the blaze from the air were suspended as night fell and the fire raged unchecked for a third day, testing state resources and the conservative government, which is facing the threat of an early election by March.

"The constant shift in the wind's direction is rekindling the flames," said fire brigade spokesman Giannis Kapakis.

Authorities said the fire had retreated from Athens suburbs and was burning mainly forest land, but winds remained strong and the danger of a flare-up was constant.

Earlier yesterday, local authorities used loudspeakers to urge the 20,000 residents



A volunteer extinguishes a bush fire in the Pedeli suburb north of Athens yesterday. A large wildfire continued to rage out of control on the outskirts of the Greek capital.

of affluent Athens suburb Aghios Stefanos to leave as the flames approached.

Many people abandoned communities around Athens overnight and some frantically tried to stop the flames reaching houses with garden hoses and tree

branches.

"We are facing a great ordeal," said Prime Minister Costas Karamanlis, who took a helicopter tour of the afflicted area. "The fire department is making a superhuman effort."

The handling of the fire,

the biggest since Greece's worst wildfires in living memory killed 65 people over 10 days in 2007, will be crucial for his political fate.

His government is clinging to a one-seat majority and the socialist opposition, ahead in opinion polls, has

made clear it will use a March parliamentary vote, when a new president will be chosen, to force a snap election.

"Nobody has learned anything from the big fires of 2007," far-right LAOS party leader George Karatzaferis told reporters. "It is a huge disaster and co-ordination was not the best."

In the eastern Attica region the flames seared about 12,140 hectares of forest, farm fields and olive groves.

The Greek weather service warned that winds hindering fire fighting efforts were not expected to abate before tonight. Police and witnesses said scores of homes were heavily damaged.

The fire broke out late on Friday in the village of Grammatiko and quickly spread to neighbouring villages. A children's hospital and a home for the elderly were evacuated. **REUTERS**

Israel freezes visas for Swedish media

DISPUTE Israel placed curbs on Swedish journalists yesterday as Prime Minister Benjamin Netanyahu urged Sweden's government to condemn a newspaper article that Israeli officials say recalled historic hatred of Jews in Europe. Sweden has said press freedom means it cannot intervene in a dispute over a newspaper's reprinting last week of long-standing Palestinian allegations that the Israeli army may have taken organs for transplants from men who died in custody.

"We are not expecting an apology from the Swedish government," Netanyahu said. "We are expecting condemnation."

The official quoting him said he echoed colleagues in comparing the article to medieval "blood libels," which alleged Jews used the blood of Christian babies in religious rites. Israel's Interior Ministry said it was freezing the issue of entry visas to Swedish journalists. **REUTERS**

Vote was rigged: Challenger

AFGHANISTAN Afghan President Hamid Karzai's main challenger said yesterday he had evidence that last week's election had been widely rigged by the incumbent and that he had lodged more than 100 complaints. Former foreign minister Abdullah Abdullah, whom polls gave a fighting chance of pushing the election to a second round in October, said he had evidence of widespread rigging. Abdullah and Karzai's camp both say they are ahead in the vote count. "The initial reports we are receiving are a bit alarming," he said. "There might have been thousands of violations throughout the country, no doubt about it."

In a separate news briefing, the country's election watchdog said it was dealing with scores of complaints, but there was no sign they would directly affect the result. The Independent Election Commission also said partial results would be released tomorrow, and repeated its warning to candidates that they should not make premature declarations. **REUTERS**

Venezuelans march over schools law

PROTEST Thousands of Venezuelans joined rival marches in Caracas Saturday over a controversial education law that critics say strengthens President Hugo Chavez's grip over schools and universities.

Police fired tear gas when government opponents knocked over a fence marking the end of the authorized route.

A few thousand, many dressed in white, streamed down one of Caracas's main avenues to protest the law while red-clad government supporters danced to salsa music in the city centre in support of a law they say will boost access to schooling. A previous attempt to overhaul educa-

Rushing laws

Venezuelan President Hugo Chavez is committed to strengthening the state in most areas of life. He is rushing through over a dozen laws to regulate the economy, the workplace and trade, taking advantage of a weak opposition.

tion was one of the factors that provoked giant protests in 2002, eventually culminating in a failed coup attempt against Chavez.

The new law, passed last week, allows community councils that are often pro-government a larger role in the operations of schools

and universities.

It also calls for the education system to be guided by the "Bolivarian doctrine."

Simon Bolivar freed several countries from the Spanish empire in the early 19th century. Socialist Chavez describes his own government as a "Bolivarian revolution" and critics say the law will lead to ideological education inspired by communist Cuba.

Some opposition marchers carried placards that read: "I can't stand your Cuban law."

The law was passed last week after small groups of protesters clashed with police who used tear gas and a water cannon to disperse them. **REUTERS**

News in brief

CHINA A pioneering Chinese legal rights advocate, who had been detained for more than three weeks and accused of tax evasion, was released yesterday but might still face prosecution, he and his lawyers said. Xu Zhiyong, co-founder of the Open Constitution Initiative, or Gongmeng, had been out of contact since he was seized from his home by security officials on July 29. **HEALTH CARE** U.S. Democrats

may sidestep Republican opposition to a sweeping health care overhaul by using Senate rules to pass some reform measures, a leading senator said yesterday. President Barack Obama and his Democratic allies have "bent over backward" but failed to reach a bipartisan compromise with Republicans, said Sen. Charles Schumer. "We are considering alternatives," the New York Democrat said on NBC's Meet the Press. The U.S.

Senate requires 60 votes to pass measures but only a simple majority is often needed for budget matters under a process called reconciliation.

UKRAINE A methane explosion at a pit in eastern Ukraine's Donbass coalfield, plagued by recurring accidents, killed eight miners and injured five yesterday, industry officials were quoted as saying. It said 141 miners had been underground at the time of the blast. **REUTERS**

India Ramadan begins



Muslims break their fast on the first day of Ramadan at the Jama Masjid (Grand Mosque) in Delhi yesterday. Muslims around the world abstain from eating, drinking and sexual relations from sunrise to sunset during Ramadan, the holiest month in the Islamic calendar.

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

Classy first-day outfits

HineSight

Anne Hines

metronews.ca/hinesight

Aug. 24. Across the land begins an annual event of monumental proportions, stretching back almost to the dawn of time. Schoolgirls are choosing their outfit for the first day of class.

Frankly, it's ridiculous that some girls spend their last weeks of summer deciding on one outfit. They should have started earlier. Any girl from Grade 1 to college knows: What you wear the first day of school will determine who you are and how people view you for the entire year to come. Maybe it's the same for boys. But in my experience, a boy's idea of a perfect outfit is "whatever I

can find on my bedroom floor that doesn't yet smell."

Growing up, I always struggled with what to wear that first day. I blame this on Barbie. Forget the unobtainable body image Barbie presents. I wanted her unobtainable wardrobe.

Dressing Barbie convinced me that the perfect outfit for any occasion was a designer tennis dress, red high heels and a French poodle.



SunnySide

My parents insisted that real life wasn't like this but I didn't buy it. I knew my future would be spent sashaying to the grocery store or to my job as an astronaut wearing a sparkly pink ball gown.

My parents would never let me have a Ken doll. I suspect they worried that I might allow Barbie and Ken to engage in acts of unspeakable intimacy. Instead, I was allowed as many Barbies as I wanted. Given that I turned out gay, I've often wondered if they ever regretted this particular parenting choice.

Bottom line though, Barbie's manufacturers should be held responsible for instilling unrealistic fashion expectations in impressionable young

girls. They should be forced to make half of Barbie's skirts so she can't get into them any more, shoes with last year's heels, and sweaters she borrowed from her brother.

In a few weeks I'll start school again, continuing to train as a United Church minister. Once again, I'll have to come up with a first day outfit, though, frankly, when you're both a university student and clergy, no one sets the fashion bar very high.

But for all you other schoolgirls out there, let the mall plundering begin. On with the day-long conferences with friends, the online checking to see what Lindsay and Miley are wearing. And may that first-day outfit be all you ever dreamed of.

Me? I'll be satisfied when I've shopped for groceries in a pink ball gown.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

Challenge, inspire yourself by taking a risk

UrbanScrawl

Christina Biluk

metronews.ca/urbanscrawl

For every person that has taken a risk, there are 10 that criticize their decision.

Yet, it's the risk-takers that change our world and bring great ideas forward.

For every successful risk taken, dozens fail. However, along the way, those risks make people stronger, smarter and better equipped for success.

We learn and grow from our risks: As we approach the second week of the Canada Games in Prince Edward Island, I want to

thank all the athletes that gave it their all and took a risk. And the parents that supported their efforts to get there. On the Games website there are inspiring stories of first-time competitors and broken personal best records.

We inspire others with our risks: Michael Kydd started Nuts4Ribs to raise awareness of testicular cancer in Halifax. Thanks to the oodles of Facebook friends that attended the event, his efforts have been spread around the world.

Following your passion will never lead you astray: What's common in both these examples is risk-taking didn't get in the way of passion. It's common to be hesitant before taking a risk, putting it all out there, doing something

out of the ordinary.

Don't let the possibility of failure hold you back from exploring. Challenge yourself and those around you to break free from habit and see what's out there. So what if we fail — we pick ourselves back up and try again. That's how we learned to ride a bike, isn't it?

You can start small, or go for the gusto, the important thing is to simply start. Need some ideas? Start a blog about something you're passionate about — you'll be surprised how many others share your passion.

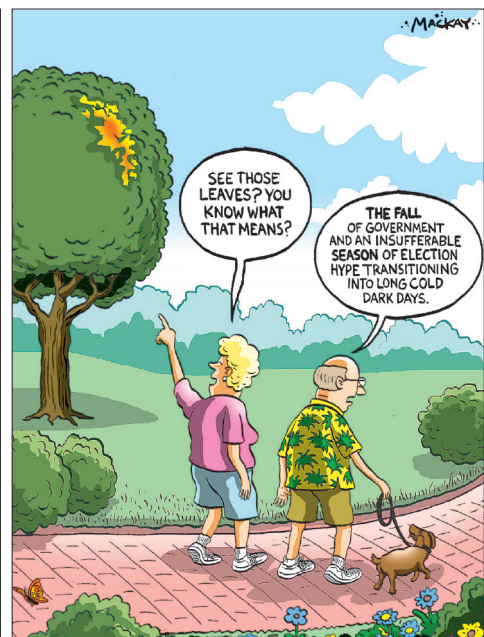
Join a club or group that you have an interest in, even if you don't know anyone else that will be attending. Take the lead on a project and see where it goes.

Apply for a job you're interested in and show your passion for it. Volunteer in your community to get experience or give back (hint: The 2011 Canada Winter Games team is currently looking for planning volunteers).

Whatever it is, you should do it for yourself because it's something you're interested in, it's something you're passionate about and it's something that energizes you.

Challenge yourself to take a little risk each week. Risk-taking builds character, helps us grow, and makes the places we live, work and play better each and everyday.

Christina Biluk is Director of Engagement for FUSION Halifax. Visit FUSIONHalifax.ca to find out how to get involved in shaping our city; theurbanscrawl@gmail.com.



Worth mentioning

Video games linked to depression, study finds

Video games might be regarded as an obsession for youngsters, but in fact, the average player is aged 35, often overweight, introverted and may be depressed, according to a U.S. study.

Researchers from the Centers for Disease Control and Prevention looked at the behaviour of 552 adults aged between 19 and 90 from the Seattle-Tacoma area.

They found 249 of these, or around 45 per cent, were video game players, with men accounting for 56 per cent of these.

The researchers found that the men who played video games weighed more

and used the Internet more than other men.

Women who played video games reported greater levels of depression

and poorer overall health than non-gamers with researcher James Weaver and his colleagues suggesting video gaming for adults may be a form of "digital self-medication."

They said women in particular may immerse themselves in brain-engaging digital environments as a means of self-distraction. "In short, they literally 'take their minds off' their worries while playing a video game," the researchers said in a statement.

REUTERS

Social support

• Adult video gamers of both sexes relied more on the Internet for social support than non-gamers, which supports prior research suggesting that adult video game players may "sacrifice real-world social activities to play video games."

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REUTERS

Metro Online Poll Results

6% SAID YES

Should the terminally ill Lockerbie bomber have been released on compassionate grounds?

94% SAID NO

Weigh in on today's question at metronews.ca

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Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Keeping your cool this summer

Keep your home cool this summer by using window coverings and a couple of fans instead of air conditioning, says the Conservation Council of Ontario. Open windows and run fans at night when it's cooler outside. Shut and curtain most windows during the day. **METRO NEWS SERVICES**

9

Going Green

\$50 voucher for microwaves



Panasonic will be testing a free microwave recycling program in Toronto over the long weekend that, if successful, may become a bigger cross-Canada initiative. Owners can drop off any brand of old microwave at 23 Future Shops and get a coupon for up to \$50 to buy a more energy efficient model. **METRO NEWS SERVICE**

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONEWS.CA

Preserve green spaces for people

EarthTones

Sophia Dore & Andrew Laursen



metronews.ca/earthtones

Last weekend we took a walk in a park run by the local conservation authority. It was a beautiful summer day and we saw trees and wildflowers and birds of all descriptions and people; many, many people.

We had always thought that the conservation authority set aside land for parks, for the land's sake. For the sake of letting trees and wildflowers grow

which then provide habitat for birds and other animals (depending on the size of the park). However it was brought home to us last weekend that the primary beneficiaries of the park are the people.

There was a huge diversity of age and ethnic backgrounds among the park's patrons. On the paths there were families like ourselves, some pushing strollers, some on bikes ranging from racing bikes to tricycles. There were buff bodies whizzing by on roller blades, people walking dogs from huge hairy hounds to little lap

dogs travelling in purses and (yes) in doggie strollers. There were older people walking briskly, strolling along or being pushed in wheelchairs.

The picnic areas were also full of life. There were people taking a break from their

bike rides to enjoy a bottle of water and there were huge multigenerational families with cloth table cloths spread on the picnic tables, who had set up hammocks and canopies and tents where some folks lounged while others prepared huge meals on charcoal barbecues while kids wove in and out chasing balls and dogs and each other. The food prepared ranged from sandwiches, to hamburgers and hotdogs, to

exotic smelling kebabs and other delicacies depending on the tastes of the picnickers.

Sometimes the preservation of the environment seems like an abstract idea. Saving habitat we have never seen to protect animals we have never seen; curtailing chemicals that we can't see. However, the observation of the activities in the park show that preserving green spaces directly benefits us all.

In Canada we are lucky enough to have unspoiled green spaces that are open to all and we as a society love them and take full advantage of them. While, some people, depending on their income level and where they live, can enjoy a day outside in their own yards, others do not have

that luxury. This is where parks come in. Preserving these parks is crucial to the health and wellbeing of those who depend on them for their days outdoors.

Picnicking under a tree on a beautiful summer day should be a right of all humans.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.



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Sears Holdings Corp. shares could fall 50 per cent after extreme cost-cutting depleted the retailer's ability to generate cash flow necessary to win back market share from Wal-Mart Stores Inc. and other rivals, Barron's said in its Aug. 24 edition. **METRO NEWS SERVICES**

Business



Chrysler rolls out 'clunker' plan

Chrysler Canada says it is offering the country's most aggressive cash-for-clunker plan with incentives of up to \$1,500, days after Hyundai Auto Canada introduced the first program. The company is offering an incentive of an extra \$500 to \$1,500 if Canadians scrap their old auto and buy a new Chrysler model, on top of the \$300 the government has pledged.

TORSTAR NEWS SERVICE

EDITOR: FERMIN.DESOUZA@METRONWS.CA

Selling outside the box

Guerrilla marketing can create buzz — or backfire

Guerrilla marketing: Legitimate advertising strategy or just more annoying graffiti? That depends on how it's done — and whom you ask.

It's becoming a bigger issue, especially for cities, as more leading brands revert to street-level tactics to reach the turned-off, tuned-out consumer, especially in the summer when more of us are outside.

The messages may be edgy, entertaining or humorous. But civic officials say guerrilla marketing tactics can also be distracting and annoying. At times they can verge on vandalism.

A recent campaign by Ikea Canada went awry

Campaigns

- Talk radio station CFRB in Ontario and ad shop Zig paid street prostitutes earlier this year to hold signs reading "Should prostitution be legal?" to promote the station's focus on controversial topics.

- To promote the new Vespa S, Vespa Canada's ad agency commissioned life-size posters of humans with scooter-shaped heads and plunked them on a busy downtown Toronto corner.

when a business owner in Vancouver complained a team of "chalk painters" had sprayed his building with a message that linked

consumers to a campaign advertising Ikea's fall catalogue.

Ikea quickly moved to remove the offending message, not just from the Vancouver skateboard store but also from all 400 locations that had been targeted. "There was some miscommunication between the agency and ourselves in terms of what kind of spaces they should be putting that outline around," Ikea Canada spokeswoman Madeleine Lowenberg-Frick explained later.

"That being said, we underestimated people's reaction to something that would be perceived as graffiti."

TORSTAR NEWS SERVICE

Business in brief

HOUSING A string of housing reports from the U.S. suggests the market there may be close to a bottom. Existing home sales increased for the fourth straight month in July, rising by

a solid 7.2 per cent from June and shattering market expectations of a 2.1 per cent bump, according to figures released by the National Association of Realtors. In a separate report

this week, U.S. homebuilder confidence rose to its highest level since June of last year, suggesting optimism that a recovery may be in the works.

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Hong Kong 'Refund the money'

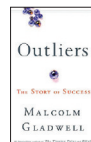


Lehman Brothers minibond holders march demanding refunds in Hong Kong yesterday. Lehman investors in Hong Kong, Singapore and Indonesia have expressed outrage that the bond-like products they bought were actually complex derivatives that led to huge losses for many.

Gladwell examines makings of success

Outliers

Authors: Malcolm Gladwell
Publisher: Little Brown and Co.
Price: \$30.99



REVIEW Malcolm Gladwell, bestselling author of *The Tipping Point* and *Blink*, has returned with yet another

page turner filled with captivating social phenomena.

Discussing the outlying sample, a scientific term for describing "things or phenomena that lie outside normal experience," Gladwell examines the likes of Bill Clinton and the Beatles to understand how they have attained so much success.

One issue is how we look at success. Examining a tall tree and trying to know how it grew to such

heights yields little information.

Gladwell suggests shifting this approach to looking at the surrounding forest for the success factors. This suggests that those who surround the successful person are playing a major part in the person's ultimate achievements.

CRAIG LUND/
FOR METRO CANADA

Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com

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Recession may start wearing on Canada's banks: Analysts

BANKS When Canadian banks trot out yet another set of healthy profits this week, it might be tempting to think of the industry as immune to the ravages of recession.

But just below the surface, the banks are likely to start showing wear and tear, even as they cling to their well-earned reputation as the strongest survivors of the global financial meltdown. Loan losses are looming, analysts say, and as consequence, bank shares look heady.

Virtually no one sees Canada's banks rattling investors with big losses when they start reporting third-quarter earnings on Tuesday. Profits are likely to come in between 10 per cent and 16 per cent lower, a result that investors will take in stride.

In addition, the well-capitalized banks won't follow the lead of Manulife by cutting their sacrosanct quarterly dividends. The big Canadian insurer chopped its payout earlier this month.

REUTERS

Looking for People Who Get It!

RAMEY INVESTMENTS

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Monday, August 24, 2009

metronews.ca

metro

Nova Scotia Open underway

The Nova Scotia Open tennis tournament got underway on the weekend at the Waegwoltic Club in Halifax. Top-seeded Shaun Khambrol of Alberta won his first men's open singles match on Saturday, sweeping Alistair Chauhan. **METRO HALIFAX**

Sports

**Dunbrack players are MVPs**

Bayside's Derek Gaudet, left, was named men's MVP of the Nova Scotia Soccer League Premiership on the weekend. The one-time Toronto FC midfielder scored seven goals in 14 games for first-place Halifax Dunbrack. Hatchet Lake's Leanne Huck, also of Dunbrack, won women's MVP.

METRO HALIFAX

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

More than just a role player

Winger Carl Gelinas impresses Mooseheads GM with his scoring touch

MATTHEW WUEST
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When the Halifax Mooseheads drafted Carl Gelinas, they pegged him as a hard-working role player.

Since arriving at camp, the fourth-round pick has not only demonstrated those attributes, he's showcasing a pretty good knack for putting the puck in the net to boot.

The 17-year-old winger led all intra-squad scorers with five goals and chipped in with a goal and an assist in the team's QMJHL pre-season opener on Saturday in Cornwall, P.E.I., a 6-5 shootout loss to the Prince Edward Island Rocket.

He has all but sewn up a spot on the opening-night roster.

"It's early yet, but he's a total-package kid," said Mooseheads general manager and head coach Cam Russell. "He's got great work ethic, an excellent set of hands, really good hockey sense, and we like his board game ... He scored some really nice goals (at camp) and we're happy with him."

The Shawinigan, Que., native doesn't speak much English, but he expressed satisfaction with his early success.



Carl Gelinas has impressed Mooseheads GM Cam Russell with his scoring touch.

"I've played good," Gelinas said. "I like what I've done. If I can continue in this direction, it will be good."

BAHM STEPS UP Linden Bahm appears to be setting himself apart from his competitors in the battle for an over-age job. Bahm, a forward who is fighting

with as many as three other 20-year-olds for one spot, made an impact during intra-squad play and will need more of the same in the pre-season.

"He's played really well," Russell said. "He's generated offence, played physical and dropped the gloves."

Bahm had nine goals among 25 points in 66 games last season.

CHIPPING IN Porters Lake's Matt Stoddard continues to boost his chances of making the Mooseheads. The 19-year-old forward is with the team on a conditional tryout from the Saint John Sea Dogs and

Ten cut

• The Halifax Mooseheads trimmed their roster by 10 players on the weekend, making 18-year-old forward Andrew Smith and goalie Jonathan Connelly their most notable cuts.

Smith played 14 games with the Chicoutimi Saguenéens last season and Connelly was with the team on a conditional tryout from the Lewiston Maineiacs. The other cuts were goalies Jeremie Brisebois and Anthony Kimlin, defencemen Guillaume Tremblay, Marc Roper and Joey Saracini and forwards Pierre-Alexandre Labbe, Michel Querry and Jamie McIntyre. Forty-seven players remain with the team, including four nursing injuries.

had a goal and an assist on Saturday.

INJURY WATCH In addition to returnees Gerrard Grant (wrist) and Jessyko Bernard (shoulder), goaltending draft pick Joel Grondin (groin) and tryout forward Dylan McGuigan (wrist) are currently out of the lineup with injuries.

NO MAKE-UP DATE No make-up date has been set for the Mooseheads' pre-season game against P.E.I. that was originally scheduled for yesterday at the Halifax Forum.

Local teams knocked out

BASEBALL Dartmouth Moosehead Dry and the Halifax Pelham Molson Canadians will sit idle today as gold medals are handed out at the Canadian senior baseball championship.

Both local entries were ousted from the event on the weekend at Beazley Field and Mainland Common.

Host Dartmouth, a three-time national champ seeking its first title on home field, went 2-2 but didn't recover from losing its first two games and scored just 13 runs overall.

Halifax, the reigning Nova Scotia Senior Baseball League champ, went 2-2 and qualified for the playoffs but fell 8-3 to the Windsor (Ont.) Stars in Saturday's quarter-finals.

The semifinals and finals, originally scheduled to be played yesterday, were postponed until today. The St. John's (N.L.) Capitals will face the Fort Saskatchewan (Alta.) Athletics at 1 p.m. at Beazley, while Windsor plays the Quebec provincial team at the same time at Mainland.

The medal games are at Beazley, with bronze at 4 p.m. and gold at 7 p.m.

MATTHEW WUEST
/METRO HALIFAX

Sports in brief

STOCK CARS Enfield's Shawn Turple boosted his chances of winning his first Carquest Pro Stock Tour title on the weekend. Turple, who had a slim lead in the points standings entering the weekend, won the second-to-last race of the season on Saturday, a 100-lap event at Riverside Speedway near Antigonish.

TRACK The Canadian women's 4x400-metre relay team posted a season-best time, but its sixth-place finish in heats wasn't enough to advance at the world track and field championships in Berlin on Saturday. The team featured Halifax's Adrienne Power and Caledonia's Jenna Martin.

SAILING The world laser sailing championships, being hosted at the St. Margaret Sailing Club, were put on hold yesterday because of hurricane Bill. Nick Thompson of Great Britain currently has the lead at the seven-day event. The fourth day of action is hoped to begin first thing this morning.

METRO HALIFAX

City, Dunbrack back in final

SOCCER It's another Halifax City-Halifax Dunbrack men's final in the Nova Scotia Soccer League Premiership.

City, the two-time defending champions, defeated Valley United 2-0 at Mainland Common in Saturday's semifinals to advance to its seventh consecutive provincial final.

In women's action, Halifax Dunbrack edged Scotia 1-0 in overtime and moves on to face defending national champion Halifax City in the final. That game is tomorrow at 6 p.m. at Mainland Common, with the men following at 8:30 p.m.

METRO HALIFAX

Nova Scotia adds to medal tally at Canada Games

MATTHEW WUEST
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Nova Scotia is positioned for a successful finish at the Canada Games in Prince Edward Island this week.

The province wrapped up Week 1 on the weekend in fine fashion, winning two more medals. Sackville's Riley Otto struck gold in wrestling on Friday afternoon, while the men's basketball team won silver on Saturday morning.

Otto pinned British Columbia's Arjun Singh Gill in the 85-kilogram class for Nova Scotia's first-ever wrestling medal, while Nova Scotia lost 105-103 to Quebec on a buzzer-beater



Sackville's Riley Otto won a gold in wrestling on Friday.

after a fabulous underdog run to the final.

Those successes upped Nova Scotia's medal count to seven (two gold, four silver and one bronze), putting it sixth in the standings. Not only that, but No-

va Scotia is fifth in flag points with 92 and within striking distance of Alberta (120).

"We're very pleased with the quality of the competition and the performances of our coaches, managers

and our athletes," said Nova Scotia chef de mission Ron O'Flaherty. "They came prepared, competed very well and represented the province very well. We were just delighted."

Week 2 sports are athletics, baseball, canoe-kayak, golf, men's soccer, swimming, volleyball and women's wrestling. Particularly encouraging for Nova Scotia is the fact that its canoe-kayak athletes won 28 medals in 2005.

"It bodes well," O'Flaherty said.

"The skill level of the competitors this week certainly continues that high-performance achievement we had last week. It's looking very positive."

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Monday, August 24, 2009

14 sports

Nationals claim MLL championship

Shawn Williams scored twice in the fourth quarter as the Toronto Nationals won their first Major League Lacrosse championship 10-9 yesterday against the Denver Outlaws. METRO NEWS SERVICES

Sports in brief

BLUE JAYS Randy Ruiz recorded a three-run double and Travis Snider finished with three hits, including a solo homer, as the Toronto Blue Jays claimed an 8-3 win over the Los Angeles Angels of Anaheim in the finale of a three-game set at Rogers Centre in Toronto.

SOCCER Tottenham Hotspur came from behind to win 2-1 at West Ham United yesterday and stay top of England's Premier League yesterday. Spurs were joined on nine points by Chelsea who also won their

third successive league match with a 2-0 victory at near-neighbours Fulham, while promoted Burnley followed up their shock 1-0 win over champions Manchester United on Wednesday with another 1-0 victory over Everton, who finished fifth last season.

PGA Ryan Moore birdied the third extra hole to win a three-way play-off at the \$5.1 million Wyndham Championship yesterday. The former U.S. amateur champion clinched his first victory on the PGA Tour after carding a final-round 65.

FORMULA ONE Brazilian Rubens Barrichello ended five years of frustration yesterday with an emotional victory for championship leaders Brawn GP in the European Grand Prix. Barrichello beat McLaren's world champion Lewis Hamilton by 2.3 seconds.

TENNIS World No. 1 Roger Federer warmed up for the defence of his U.S. Open title in perfect fashion as he beat fourth seed Novak Djokovic 6-1 7-5 to win the Cincinnati Masters yesterday.

METRO NEWS SERVICES

Halifax's Hart still suffers interim tag

It's Called Football

Ben Rycroft

metronews.ca/itscalledfootball

Think back to the Nagano Olympics — the one in which Canada bombed out of the men's hockey competition.

Days after the fact reports were being commissioned to figure out what had happened to Canadian hockey. Not a moment was wasted trying to figure out what went wrong.

Now flash forward to just over a year ago. The men's national soccer team, attempting to qualify for the World Cup for the first time since 1986, tied a Jamaican squad 1-1 in Toronto. It wasn't their elimination, but it was certainly their undoing.

Once Canada was eliminated from qualifying, there was no swift action, no reports commissioned. A few commentators offered critical observations and questioned then-head coach Dale Mitchell's abilities. But even the inspired mob, with their torches lit, could not force the Canadian Soccer

Association into action.

This laissez-faire attitude continues on the part of the CSA.

After Dale Mitchell's eventual dismissal, CSA technical director Stephen Hart was appointed interim head coach.

Hart, a Halifax resident

who starred for the Saint Mary's Huskies in the '80s, is well-liked by the players, has shown an understanding of the tactics needed to win in CONCACAF and achieved results.

But a month after the decent Gold Cup run headed by Hart, the CSA hasn't bothered to remove the interim tag. And when I caught up with Hart on Friday, to ask him how players like Dwayne De Rosario and Adrian Serioux might factor into the national side in the years ahead, he didn't sound like a man counting on getting the job full-time.

"That's hard to say as I'm not the national coach — just an interim. Any coach

coming in will wipe the slate clean," Hart said.

And he certainly didn't sound confident when I asked him about any upcoming friendlies.

"Any coach coming in is going to ask for a lot of international games on FIFA dates. They will want opposition

against CONCACAF opponents so they can get used to that environment. They'll need quite a bit of games. But as I said, I'm just the interim head coach."

Hart admitted he has not had any formal discussions with the CSA about the full-time position. But I've since learned that the CSA board will meet next month —

at which time they will discuss Stephen Hart's future.

For those in favour of removing the interim tag, it might be time to join the mob and re-light the torches.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca

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Dementieva captures Rogers Cup

TENNIS Russian fourth seed Elena Dementieva picked up her third title of the year and denied compatriot Maria Sharapova a comeback win with a 6-4, 6-3 victory in the final of the Rogers Cup yesterday.

Dementieva's victory was just the third in nine meetings against Sharapova, who was playing for a title for the first time since Amelia Island in April 2008 as she continued her return from shoulder surgery.

It is the 14th career title for Dementieva and comes with a good omen, as the three past winners of the Toronto tournament have gone on to capture the U.S. Open.

"I felt like Lleyton Hewitt today, I was fighting for every point, so many long rallies, it's not the game I like to play," Dementieva told reporters. "I was just

waiting for my chances and didn't rush.

"This kind of win gives you a lot of confidence, so right now it is all about recovery and getting ready for New York."

Working her way back to top form after nine months on the sidelines, Sharapova has made steady progress since she launched her comeback in May.

But the three-time grand slam winner showed in an uneven final that her game still

needs sharpening as she served up nine double faults to Dementieva in the opening set.

Despite her service woes, Sharapova heads to Flushing Meadows on an upbeat note. She is guaranteed to be seeded at the U.S. Open, moving up from her current 49th ranking into the top 32 by reaching the Toronto final.

"My mindset going into every single tournament is to be the champion and if you're not ready to do that and you're not ready to compete in six matches then I don't think you should be in the draw," said Sharapova. "With every tournament I've played in the summer I felt like was starting to play better and get a feel for the hardcourts.

"I've definitely improved over the weeks, with every match I felt like I stepped it up when I had and today I just came up a little short."

Elena Dementieva

REUTERS

Country's best

Bedford was rated as the "Best Community to Live in Canada" in the March 23, 1997 issue of Macleans magazine. WIKIPEDIA.ORG

15**Your Neighbourhood:****Bedford****Plan ahead for the parade**

The Light Up Bedford Parade, which runs in mid-November, celebrates the beginning of the Christmas season. The parade ends at DeWolf Park, where there is a hot chocolate stand, Christmas carols, contests and prizes. The parade also serves as a fundraiser for the Turkey Club Society, which raises money to ensure all residents of HRM can enjoy a Christmas dinner. WIKIPEDIA.ORG

Community growing**Infrastructure needed quickly, councillor says**

RICHARD WOODBURY
for Metro Halifax

**As a growing community, Bedford faces many challenges.**

"We need to get our infrastructure and facilities going quickly," says councillor Tim Outhit.

Bedford currently has a population of about 20,000, and it is expected to double within 20 years.

One major project being constructed is a new four-surface rink, which will also house meeting facilities and a 600-space park and ride for Metro Transit. The rink is scheduled to open in September 2010 and two of the surfaces will be open year-round.

This is the first arena being built in Bedford since 1973. At that time, Outhit figures the population would have been about 3,000.

The growth Bedford is experiencing is also putting

pressure on its schools. A new high school is needed to replace Charles P. Allen High School (CPA), which is beyond capacity.

"That was a priority of the last provincial government and I hope it will be a priority for the present provincial government," says Outhit.

The hope is that once a new school gets built, the students from Bedford Junior High School will move into CPA. Outhit uses the words "falling down" to describe the state Bedford Junior High School is in.

The growing population is also putting a squeeze on its sports facilities, says Outhit.

"We're tremendously underserved for basketball and soccer," he says.

This is exactly what newly elected MLA Kelly Regan encountered at the doorstep of one constituent during the recent provincial election. The constituent had recently



The French high school currently under construction will have a large sports field and soccer field, which should help to address the growing community's need for basketball and soccer facilities, says councillor Tim Outhit.

moved to Bedford so she could send her kids to Basinview Drive Community School, but was "appalled" at the lack of sporting facilities compared to her previous home in Cole Harbour, says Regan.

The construction of a

new French high school, which is currently underway, will help with addressing the community's sporting facilities needs, says Outhit.

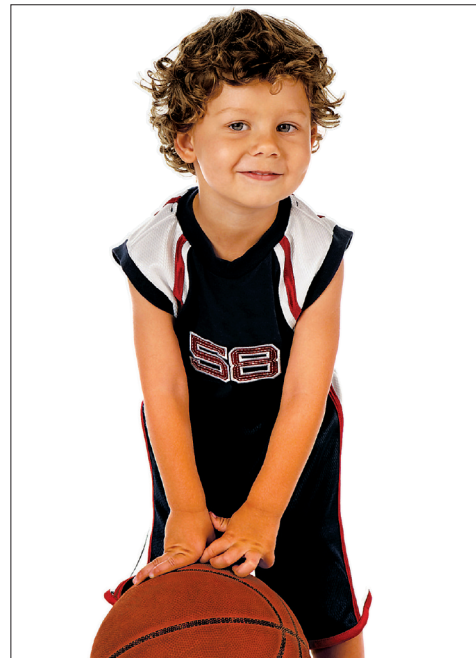
"It's coming with a large sports field and soccer field, so that's good news,"

he says. "There are a lot of good things happening."

Booking times for community meetings is also difficult because there isn't a community centre in Bedford, says Regan. But the new rink should help with that.

Despite the growth challenges, Regan thinks Bedford is moving in the right direction.

"It's pretty vibrant," she says. "We just need the facilities to catch up with that, and I think they're coming."

**Traffic survey could hold key to fast ferry plans**

JON TATTRIE
for Metro Halifax



A new traffic survey could hold the key to much-delayed plans for a Bedford fast ferry.

Bedford councillor Tim Outhit recently received approval for a study on the Bedford Highway.

"The Achilles' heel is that ... a ferry could actually put more cars onto the Bedford Highway," he explained. The route could

get jammed as out-of-town commuters veer off other highways to access the proposed \$20 million, 250-seat ferries linking Bedford to downtown Halifax.

"The last thing we want is gridlock every time a ferry comes into port," he said.

Outhit is excited about what a ferry could do for the waterfront, having seen the benefits firsthand when he lived in Vancouver and Toronto.

The impact report

should be ready next month. A recent survey showed Bedford residents split on the fast ferry.

"If they live within walking distance of the (proposed) ferry, they're excited about it. If they work downtown, they're quite excited about it," Outhit said. "If they don't live within walking distance of the wharf, or they don't work downtown, then they're quite excited about a ... Metro Link to the hospitals and universities."



"A ferry could actually put more cars onto the Bedford Highway"

Councillor Tim Outhit

Purcell's Cove/Armdale councillor Linda Mosher has long backed the fast-ferry plan as a greener, more efficient way to handle the city's traffic.

"I can't see anyone going

out of their way to go on the Bedford Highway (to get to the ferry)," she said of Outhit's concerns. "It's intended for local, walk-up traffic."

David McCusker, HRM's manager of traffic and transportation services, said the ferry was left off this year's budget as plans weren't finalized, but it could be included next year.

Staff want to further explore the fiscal viability of the project and get more

information on how it would operate before making a recommendation to council, he said.

"We've done a fairly extensive marketing survey and we're fairly confident there's a solid business case there," he said.

If council green-lights the fast ferry next year, it would take two years to design the ferries and get the service up and running. That means the earliest they would take to the water is 2012.

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From Aplaydia to DeWolf Park to Sharkey's Cuts for Kids, there are plenty of ways to have fun as a family in Bedford.

Bedford has a lot on offer to keep kids, parents happy

JON TATTIE
for Metro Halifax



As the heated-up summer comes toward an end, families might be running dry on ideas for fun. But from haircuts to walking trails, Bedford has lots of hidden gems to keep kids and parents in good spirits.

Charmaine Dymond, who runs the city's hrm parent.ca website, says on sunny days, many families flock to free fun in Bedford's parks.

"I know that DeWolf Park is always a really popular one," she says.

The website lists several playgrounds in Bedford.

"One place that just opened up a few months ago is Aplaydia," she says of the facility at 936 Bedford Highway. "The indoor playground and music school is really popular. They've had summer

"The indoor playground and music school (at Aplaydia) is really popular."

Charmaine Dymond

camp and stuff, and it's for kids up to eight."

While getting your kid's hair cut may not immediately spring to mind as a sure source of fun, Dymond says the new Sharkey's Cuts for Kids at 30 Damascus Rd. makes a painful task pleasant.

The kid-friendly salon offers kids the chance to sit in a #8 Dale Earnhardt NASCAR car, a Pink Barbie Jeep, a Yellow Hummer, or a standard black chair while watching their favourite DVDs and videotapes. Oh, and getting their hair cut.

Read more on [page 17](#) »



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From independence to amalgamation

Bedford was incorporated as a town on July 1, 1980. It was amalgamated with Halifax, Dartmouth and Halifax County Municipality to form the Halifax Regional Municipality on April 1, 1996. WIKIPEDIA.ORG

your neighbourhood: bedford **17**

>> Continued from page 16

They also do birthday parties with princess dress-up things and art classes," she says. "Starting in September, they're going to be doing music classes."

Parents and kids can make their own pottery and stuff their own plush toys at Claytime Pottery Painting Studio at 748 Bedford Highway. Claytime also has rooms for special events, such as birthday parties.

Dymond recommends checking out the Bedford Library and the LeBrun Recreation Centre for great, ongoing programming for families.

For more energetic fun, Bedford has great walking, biking and running trails. Barry Frame at the Running Room has roamed the area extensively.

"One good spot in the summer is the Bedford-Sackville connector trail," he says. "It starts at Range Park by the soccer field and goes under the highway, down by the shooting range and goes out to the Old Sackville Road. It's all a nice, fresh-gravel trail."

The river run is about two kilometres one way.

"Another nice place is along Shore Drive. You can start at DeWolf Park and go around Mill Cove along a new path," he says. The



For more energetic fun, Bedford has great biking trails. Or, you can spend the day with your family in one of Bedford's many parks.

**Upcoming events in Bedford**

Learn about reptiles and parrots at the library on Thursday.



- **Aug. 27, at 10:30 a.m.:** Newfoundland Jungle Pets, an exotic animal business with an interactive presentation featuring reptiles, parrots and more. Takes place at the Bedford library.
- **Sept. 8, at 6:30 p.m.:** Scouts

registration night at the Bedford United Church (1200 Bedford Highway).

- **Sept. 21, at 7:30 p.m.:** Graveyard Candlelight Walk at the All Saints Anglican Cemetery. Refreshments follow at Scott Manor House.



There's a Graveyard Candlelight Walk at All Saints Anglican Cemetery on Sept. 21.

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The Chickenburger only uses fresh ingredients, says co-owner and general manager, Colin MacDonald.

Eatery an 'institution'

The Chickenburger has been in business for 69 years

RICHARD WOODBURY
for Metro Halifax

For more than 69 years, The Chickenburger has been an "institution" in Bedford.

"I think it's a wonderful institution," says Bedford councillor Tim Outhit. "My kids get a kick out of the jukeboxes and milkshakes."

"I don't know anybody that doesn't like The Chickenburger," says Nicole Ashley, a married mother of one who started going to it with her then-boyfriend and now-husband Kevin.

"There's something about going to order the food and just sitting in your car and eating it. It's kind of a novelty. You don't really do that anywhere else."

Little has changed at The Chickenburger in the past 69 years, says co-owner and general manager Colin MacDonald.

"They take a good thing and do it right," he says.



Tina Turner and Wayne Gretzky have visited The Chickenburger.



"I don't know anybody that doesn't like The Chickenburger."
Nicole Ashley

MacDonald. He describes them as "amazing" and beams with pride when he discusses how they interact both with each other and clients, as well as how they kid around while working.

Being in business for 69 years means there are a lot of stories to be told. MacDonald has heard stories about people Fed-exing chicken burgers across the country as well as people who buy and freeze them to take home with them on flights.

But perhaps the biggest reason for its success is how the customers are treated.

"You're not just another number or a customer," says MacDonald. "You're a part of the family."

MacDonald took over the restaurant on March 19, 2007, almost 67 years to the day after it first opened on March 10, 1940. Celebrities from Tina Turner to Wayne Gretzky have stopped in for a visit over the years.

MacDonald credits a few things for the restaurant's success. He says the past owners instilled "a culture of cleanliness" into the operation and were adamant about it.

"Everything is white,"

says MacDonald. "There are probably 69 coats of paint on that building because we shut down every year to paint it."

Another reason is The Chickenburger only uses fresh ingredients, says MacDonald, noting the ground beef comes from the Valley. The chicken used to also come from the Valley, but the processor they got it from closed down.

The staff is another reason for its success, says



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ABU changes name to Crandall University

The Convention of Atlantic Baptist Churches approved the name change for Atlantic Baptist University to Crandall University recently. The main reason for the name change is to expand the school's mission by overcoming perceptual obstacles resulting from a denominationally specific name. **METRO NEWS SERVICES**

19

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Drop in grad enrolment

According to a new report from the U.S.-based Council of Graduate Schools, admission of foreign students to American graduate schools fell by three per cent between 2008 and 2009. Applications from India and South Korea dropped by 12 per cent and nine per cent, respectively.

METRO NEWS SERVICES

Passion for wild weather

Be it tornadoes or volcanoes, George Kourounis is there

OddJobs

Diane Peters

metronews.ca/oddjobs

When Hurricane Bill hit Atlantic Canada

this weekend, most of us tried to avoid the storm and watched the rain, if at all possible, on TV.

Not George Kourounis. The 39-year-old Torontonian was in the eye of the storm.

As Canada's only storm chaser who's been able to make a living off the job, Kourounis tries to be at the centre of action for as many hurricanes, tornadoes and volcanic eruptions as he possibly can.

He grew up, however, with quite a different career path planned. A musician as a teen in Hull, Que., Kourounis came to Toronto to study audio engineering at Trebas Institute.

He did well as an engineer and eventually managed a large sound studio in downtown Toronto that did work for film and TV.

"It was very long hours and dealing with stressed-out clients," he recalls. Kourounis needed a way to chill. In 1998, he heard about a company taking people down to the US for two weeks of chasing tor-



COURTESY: GEORGE KOUROUNIS

As Canada's only storm chaser who's been able to make a living off the job, George Kourounis tries to be at the centre of action for as many storms and volcanic eruptions as he possibly can.

nados. "Well, this is pretty cool. I'm stressed out at work, I want to go and try this," he thought.

The trip got Kourounis totally hooked, so he set to learning everything he could — through books, the Internet and talking to experts — about storms.

He got extra time off work and spent his vacations trailing hurricanes and tornadoes. He began taking the entire month of

May off every year: that's tornado season. He also began visiting erupting volcanoes.

"I got known as the guy who was always in the right place at the wrong time," says Kourounis, who became a pro at reading the sky and knowing just where a storm will hit. He took pictures and video footage of whatever he saw. Eventually, news organizations started calling and buying his

The Lowdown

Job title: Storm chaser

Salary: It's hard to make a living; he does thanks to the TV show and freelance work for news agencies

Education: You have to teach yourself about meteorology and storms

Best part of the job: "Living my dream and seeing nature put on the most incredible displays."

Worst part of the job: "Sitting on planes and the jet lag. Bad food and bad hotels."

stuff.

In 2006, a TV production company called. With them, he developed the show *Angry Planet* and sold it to the Outdoor Life Network. Thanks to this gig, he was able to quit his day job and chase storms professionally. He takes camera crews to dangerously hot caves, lakes of sulphur,

lighting storms. Even if the show's not shooting a storm, he'll chase it on his own, often in his very beat-up 1999 Honda CRV.

When he's not travelling, he's following storms via the web, planning trips and editing tape for his show. He also sometimes gets to see his wife, whom he married on the edge of an exploding volcano in the South Pacific.

"She's very understanding. She knows it's my passion."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

In brief

MANAGEMENT A recent survey by Shepell-fgi Research Group concludes that too many Canadian managers and supervisors are not properly equipped to deal with employee issues such as health, productivity, absenteeism, disability and employees returning to work after an absence. The report recommends organizations establish regular manager/supervisor training to identify and respond to declining productivity and changes in employee behaviour.

JOB MARKET A new report by CIBC World Markets indicates that the U.S. job market is much weaker than Canada's. The report also states that Canadian workers are finding new jobs more quickly than expected following the recession.

HEATHER BUCHAN/
FOR METRO CANADA

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Despite speculation, Anna Paquin is "not pregnant," her rep says. Blogs have been guessing the *True Blood* actress is expecting after she was spotted wearing a baggy dress in Beverly Hills on Wednesday. USMAGAZINE.COM

Entertainment

EDITOR: DEAN.LISK@METRONews.CA

Milla marries

Actress Milla Jovovich married director Paul W.S. Anderson in an intimate outdoor ceremony at their home in Beverly Hills on Saturday. The bride, 33, wore a '60s-style mini dress she designed herself. PEOPLE.COM



Weekend box office

- 1 **Inglourious Basterds:**
\$37.6 million US
- 2 **District 9:**
\$18.9 million
- 3 **G.I. Joe: The Rise of Cobra:** \$12.5 million
- 4 **The Time Traveler's Wife:** \$10 million
- 5 **Julie & Julia**
\$9 million
- 6 **Shorts:**
\$6.6 million
- 7 **G-Force:**
\$4.2 million
- 8 **Harry Potter:**
\$3.5 million
- 9 **The Ugly Truth:**
\$2.9 million
- 10 **Post Grad:**
\$2.8 million REUTERS

O'Riordan has No Baggage

Ex-Cranberries singer says reunion possible

MAUREEN LITTLEJOHN
for Metro Canada

Dolores O'Riordan, the former singer of The Cranberries with the soaring, staccato voice, has released her second solo album since leaving the Irish supergroup in 2003.

No Baggage, written and co-produced by O'Riordan and Toronto-based Dan Brodbeck, is about the passage of her life, a topsy-turvy trip that she is only starting to come to terms with now.

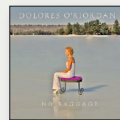
"The title is tongue-in-cheek. You could say I used the CD to shed my baggage. But, really all those experiences and feelings are what

makes us who we are," she says over the phone from her home in Ontario's cottage country. She and her family spend half the year living in "the forest" and the other half is in Dublin.

Shooting to stratospheric fame when she was 19 with the band's first album *Linger*, O'Riordan toured the world and sold more than 40 million albums. At 23 she married Don Burton, the Canadian tour manager for Duran Duran. The pace and pressure was tremendous, and O'Riordan's health suffered. After 13 years and five albums, she decided she'd had enough. She and Burton settled into domestic life with their children, Taylor,

New music

Dolores O'Riordan's new album *No Baggage* is out tomorrow.



11, Molly, 8, Dakota, 4 and Donny, Burton's 17-year-old son from a previous relationship.

"I couldn't stay away from the piano," the 37-year-old musician admits. Her first solo album, *Are You Listening?* was released in 2007 and a tour followed. "It was such a change after being at home for four years. I felt like two different people," she says.

On the cover of *No Baggage*, a white-clad O'Riordan perches on a stool in the middle of a frozen lake. The picture was taken on a whim in front of O'Riordan's Kawartha-area house. "It was minus 28, a



Dolores O'Riordan is about to release her second solo album since splitting with the Cranberries.

friend took that shot. We didn't alter it all," she says.

The album's reflective lead single, *The Journey* speaks of abandoning fears and grasping the moment. On *Fly Through*, an older, wiser O'Riordan looks back on her younger self and asks if she has found what she was searching for. "I think we're always searching for something that we won't feel until we finally leave the planet. That's in-

ner peace," she says.

When she was named Honorary Patron of Trinity College's Philosophical Society earlier this year, O'Riordan played a few songs with her old bandmates. "It felt so natural," she says. Are there plans for a Cranberry reunion? "Oh, I will definitely play with them again," says O'Riordan.

In the meantime, she's going at her own pace and traveling light.

Zombie ditches campy humour in Halloween 2

CHRIS ALEXANDER
for Metro Canada

Like his cultural contemporary Quentin Tarantino, writer/director/rockstar Rob Zombie has fashioned a career and forged a legacy out of his undying love for classic trash cinema.

The platinum-selling shock rock guru (beloved for both his solo work and the long defunct band White Zombie) and filmmaker had already amassed a cult following for his ultraviolent, cruel horror pictures like *House of 1000 Corpses* and *The Devils Rejects*.

But it was with his 2007 remake of John Carpenter's seminal 1978 indie slasher *Halloween*, that he really hit box office gold, and, in turn, was taken seriously as a major Hollywood player.

Though he swore he wouldn't, *Zombie* has now revisited that controversial genre redux territory with *Halloween 2* — opening Friday. The supposedly

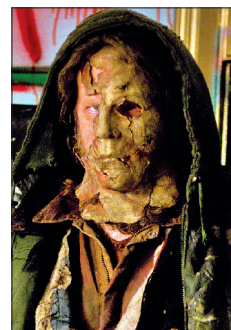
Movie feature

leaner, gorier follow-up is, *Zombie* insists, a radical departure from his semi-faithful original.

"The difference between this film and the first is the difference between *House of 1000 Corpses* and *The Devils Rejects*," says the director. "I didn't care what people's expectations were and I didn't care about the *Halloween*s that had come before. I had complete creative control to do whatever I wanted."

Halloween 2 continues the sick saga of psychologically damaged Laurie Strode (Scout Taylor-Compton), who is still trying to evade the homicidal rampage of her deranged masked serial killer brother Michael Myers (Tyler Mane).

Outside of his two leads, the director has also reassembled many of his other surviving cast members, including the legendary Malcom McDowell who



Tyler Mane stars as serial killer Michael Myers in *Halloween 2*.

reprises his turn as the wild eyed Dr. Loomis.

"In the first film, working with ... Malcom and Scout, we had just met and it was all professional. This time however, we broke through that wall and the results of that relationship are on the screen."

And even though past *Zombie* efforts have had their tongues firmly wedged in their bloody cheeks, the filmmaker claims that *Halloween 2* will be a decidedly grim, oppressive experience.

"There is absolutely no humour in this movie. It's really, really dark."

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Will Heather be back?

Heather Locklear may be returning Melrose Place. "There are definitely talks going on," a show insider says. "It's better-than-even money that she'll do it. Everyone's optimistic, absolutely." **USMAGAZINE.COM**



Martin 'carries' Woodstock

DOROTHY ROBINSON
for Metro Canada

Demetri Martin knows how to do many things. He knows how to tell a joke (as seen on his Comedy Central show Important Things with Demetri Martin). He knows how to play a guitar (if you've ever seen his stand-up, you know that he punctuates his droll one-liners with a well-played guitar). And Martin is smart (he's a Yale grad).

Perhaps the one thing Martin doesn't really know to do is how to carry a film, which leads to the question: Why did famed director Ang Lee tap him to helm his new movie *Taking Woodstock*?

"It was all very unexpected," says the youthful Martin, who admits to not being a trained actor, while on a press junket in New York City. "I didn't know that this project existed or that Ang knew anything about me or what I do."

As it turned out, it was a teenaged fan with a slight crush on the comedian who tipped off the Oscar-winning director. "James (Schamus, Lee's longtime



Eugene Levy, left, and Demetri Martin in *Taking Woodstock*.

Movie feature

collaborator) introduced me to him, because his teenaged daughter liked him and she got him to watch clips on YouTube and thought he was very funny and cute," says Lee of Martin. "I just believed the story would happen to him. And I liked the challenge, not necessarily of taking a comedian, but just of him, of him taking us through the party."

And as the history books prove, oh what a party it was. And it's up to Martin as the meek Elliot Teichberg, who just happens to

volunteer his family's motel to be the home base for the three-day concert, to carry the viewer through the life-changing bash.

"Ang reminded me of that sometimes — 'You are carrying this film,'" laughs Martin. "This 'carry' verb kept coming up. And I'm like, 'What's this carrying business?' I started to understand when we started the shoot because I worked every day. You're this constant figure."

So does Martin pull off that "carry" verb? During our interview, he seemed unsure, but he did say he got through it by "putting all of my faith in Ang."

Finding meaning with the Maasai

My Maasai Life

Author: Robin Wiszowaty
Publisher: Me to We Books
Price: \$22.95 (Paperback)

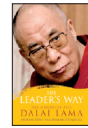


Growing up in Schaumburg, Ill., Robin Wiszowaty realized suburbia held little appeal for her. And the escape

she hoped for by attending the University of Illinois never materialized: The tedium of that experience only fuelled her fervour for change. But after taking a Birthright trip to Israel, her world was altered forever. In her 20s, she left for rural Kenya, embedding herself in a Maasai community, living in a hut and performing chores like water hauling. In *My Maasai Life*, Wiszowaty recalls how embracing a new culture taught her about the world and helped her find herself.

The Leader's Way

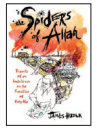
Author: Dalai Lama and Laurens van den Muyzenberg
Publisher: Broadway Books
Price: \$29.95 (Hardcover)



The Leader's Way encompasses a rare meeting of the spiritual and business worlds, which finds the Dalai Lama and international management consultant Laurens van den Muyzenberg trying to promote better decisions by individuals, companies and governments. The authors draw parallels between Buddhism and capitalism, showing how the former can elevate positivity and success in the latter. The Dalai Lama explains that Buddhist principles can aid in creating and using wealth and acting ethically. Overall, the Leader's Way reads as a guidebook to combating greater social problems.

The Spiders of Allah

Author: James Hider
Publisher: St. Martin's Griffin
Price: \$18.95 (Paperback)



The inaugural book by the Middle East bureau chief for the Times finds him hitting the streets from Israel to Iraq, a disbeliever in the midst of holy wars and fundamentalist infighting. Trying to comprehend how people can murder and suffer in the name of faith, Hider attempts to gauge the mindsets of terrorists, religious leaders and suicide bombers, but is only left with more questions. He also explores how West Bank Zionists are still embroiled in ancient battles; how a U.S. president fights a war in the name of a higher power; and how combat can be perpetuated because of cultural misunderstanding.

— BRIAN COULTON/
FOR METRO CANADA

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/24/09	31	31	31	ABC	News Center 5	ABC Wild News	Inside Edition	Chronicle	Dating in the Dark	Dating in the Dark (N)		Castle
	7	7	7	ASN	The Road to Avonlea		Instant Star	TMZ (N)	Gossip Girl (HDTV)	Two/Half Men	Gary Unmarr	Atlantis
	11	11	11	CBC	Coronation St.	Jeopardy!	Little Mosque	Sophie (HDTV)	Comedy Fest.	CBC News: The National		The Hour
	2	2	2	CBC-F	Dre Grey, leçons d'anatomie		Des sauteleuses	La Petite vie	Les Galas 2008 du Festival	Bons baisers de France (SC)		Le Téléjournal
	32	32	32	CBS	WBZ News (N)	Evening News	The Insider (N)	Entertainment	How I Met	How I Met	Two/Half Men	Big Bang Th
	69	69	69	CFTM	TVA 18 heures	Sûreté-salé	Les Gags	Sketch Show	Le Petit Monde	Kmh (SC)	Monk	"Monk en cavale" (SC)
	6	6	6	CHIF	Entertainment	ET Canada	Brothers & Sisters	House (HDTV PA)	Lie to Me "Undercover"		Lie to Me "Undercover"	News Final (N)
	9	9	9	CJCH	etalk	Hollywood	CSI: Miami (HDTV)	Law & Order "Bailout"		Law & Order: Criminal Intent		News
	10	10	10	ELTV	EastLink Mag.		Fishing	Gold Cup Parade		EastLink Television		
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	House (HDTV PA)		Lie to Me "Undercover"	Fox First
news	12	12	12	NBC	NBC News	NBC News	Hollywood	Extra (N)	Great American Road Trip (N)		Monde	Dateline NBC
	29	29	29	NW	World News	Business	CBC News	Our World	The Hour		CBC News: The National	Meltdown
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Viewer Favorites					Viewer Favorites	
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Antiques Roadshow		History Detectives (N)		Amer. Masters
	68	68	68	TQS	Rire et délire	Chemin du golf	C'Une joke	C'Une joke	CSI: NY (SC)	Private Practice (SC)		Le Sport
	23	23	23	BNN	Business News	Headline	Berman's Call	Money Talks	Business News	Taking Stock		Market Call
	18	18	18	CNN	Situation Room-Wolf Blitz		Lou Dobbs Tonight		Campbell Brown (N)	Larry King Live (N)		Cooper 360
	54	54	54	GOLF	Golf Central	Top 10	Learning	Lessons	The Golf Fix	Top 10	Golf Videos	Haney Project
	52	52	52	RSE	Sportsnet Connected		Darts World Premier League				UFC 102: Countdown	Sportsnet Con.
	55	55	55	SCOR	(6) HSR		RaceNight			(10:15) WWE Monday Night Raw		
sports	45	45	45	SPD	Unique Whips		Pimp My Ride	Pass Time	This Week in NASCAR (N)	SuperCars	SuperCars	Auctions
	53	53	53	TSN	SportsCentre		MLB Baseball Tampa Bay Rays at Toronto Blue Jays	From Rogers Centre in Toronto.				SportsCentre
	43	43	43	FAM	Zoe 101	Life Derek	Wizards of Waverly Place (N)	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	44	44	44	TOON	Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN	Futurama	Punch	Robot Chicken
	26	26	26	TREE	Ni Hao, Kai-Lan	Big & Small	Backyardigans	Night Grdn	Max & Ruby	Franklin	Little Bear	Bucket-Dinos
	27	27	27	YTV	iCarly	True Jackson	The Next Star 2		Malcolm-Mid.	Futurama	League-Evil	Zixx Level
	16	16	16	A&E	Cold Case Files (HDTV)		CSI: Miami "Payback"		Intervention "Case"		Intervention "Gloria" (N)	Hoarders
	70	70	70	APTN	APTN National News (N)		Notre Peuple		Tam	Pachamama	Aventures dans le Grand Nord ** (1994)	
	50	50	50	BET	106 & Park: BET's Top 10 Live				Waiting to Exhale *** (1995, Comedy-Drama)	Whitney Houston.		
	37	37	37	BRVO	Wind at My Back		Wireframe		Shumka's Cinderella	Romantic Portrait Yundi Li		Mozart Decode
family	25	25	25	CMT	Karaoke Star "Kelowna"		Dedicated "Josie Dye"		Home Improve.	Reba	Reba	Hope & Faith
	49	49	49	COM	Laughs	Comedy Now	Air Force	22 Minutes	Comedy Now	The Simpsons	South Park	Dane Cook
	153	153	153	COURT	W-FIVE		World's Wildest Police Videos		Cops Uncut	Dumb Criminal	Legal Briefs	Police Videos
	38	38	38	DISC	Canada's Worst Driver		Daily Planet		MythBusters	Dirty Jobs (N)		Heli-Loggers
	34	34	34	HGTV	Holmes on Homes		House Hunters	Property Virgin	For Rent	Income Prop.	Marriage	My First Place
	46	46	46	HIST	Tank Overhaul		NCIS "In the Zone"		Tank Overhaul	Victory 1945 (Part 2 of 2)		NCIS
	17	17	17	MM	Video on Trial	Video on Trial	One Tree Hill		So You Think You Can Dance Canada			Dance
	19	19	19	MMM	mmtop10.ca		The Daily Fix		Ranked!	Wild 'n Out	Wild 'n Out	Wild 'n Out
	201	201	201	MTI	Beverly Hills Chihuahua		Stargate Atlantis		Sanctuary "Folding Man"	Durham County		Nurse Jackie
	48	48	48	OLN	Mantracker		Ghost Hunters		Dog the Bounty Hunter		Survivorman	Ghost Hunters
cable variety	51	51	51	PEACH	Seinfeld	Friends	Family Guy	Family Guy	House-Payne	House-Payne	Mississippi Burning *** (1988, Drama)	
	206	206	206	PIX	(6:30) All Fall Down		(8:10) The Pathfinder ** (1996, Historical Drama)		Grands reportages (SC)	Lo Téléjournal (SC)		RDI économie
	67	67	67	RDI	RDI monde	RDI économie	24 Hours on 60 minutes		Cashing In	Kink in Hair	Lost in the Dark (2007, Suspense)	
	39	39	39	SHOW	Trailer Park	Trailer Park	The Outer Limits		Newlywed	Newlywed	In Laws	
	40	40	40	SLICE	So Chic	Skin Deep	Skin Deep	Til Debt-Part	Newlywed	Newlywed		
	47	47	47	SPACE	Stargate SG-1 (DVS)		Stargate Atlantis	(DVS)	Star Trek: Voyager		Lucifers: The 8th Planet (2005)	
	14	14	14	SPIKE	(6:48) Star Wars: Episode I -- The Phantom Menace ** (1999, Science Fiction)				Star Wars: Episode I -- The Phantom Menace			
	98	98	98	STAR	etalk	Hollywood	The Ellen DeGeneres Show		TMZ (N)	etalk	Canada's Next Top Model	Tonight Show
	21	21	21	TLC	What Not to Wear		Masters of Reception		Jon & Kate	Jon & Kate	Jon & Kate Plus 8	Cake Boss
	34	34	34	TROP	Office Temps		Once a Thief		Carlawood	Prod. Parker	Ground Up	Prod. Parker

critics' corner

CSI: Miami

It's not unusual for network executives to turn to reality television to deliver some killer ratings, but it's the real-life murder of a reality star that causes Horatio (David Caruso) and the CSI team to delve into the scandalous world of a TV dating show. Diedrich Bader guest stars in "Dead on Arrival." 8 PM on CJCH; 11 PM on CBS



The Young Romantic: A Portrait of Yundi Li

If you've never heard of Yundi Li, you will soon if you have even a passing interest in classical music. The 20-something Chinese pianist is a rising star in his homeland and around the world. This documentary follows him around China and beyond, culminating in Berlin with a performance of Prokofiev's Piano Concerto No. 2. 10 PM on BRAVO

Nurse Jackie

Get your climbing harness ready; cliffhanger ahead. Jackie (Edie Falco) promises she'll meet Kevin (Dominic Fumusa) for a midnight rendezvous, then promises to help O'Hara (Eve Best) admit her mother. To complicate things further, a drunken Eddie (Paul Schulze) shows up at the hospital and threatens to tell everything. Panicked, Jackie takes three vials of morphine and collapses. Victor Garber guest stars in the season finale, "Healthcare & Cinema." 11 PM on M1



For August 21st

- Taylor Swift - You Belong With Me
- Jason Derulo - Whatcha Say
- Lola - High Heels
- 3OH!3 - Starstruck
- Stereos - Summer Girl
- Cobra Starship - Good Girls Go Bad
- Drake - Best I Ever Had
- Black Eyed Peas - I Gotta Feeling
- Justin Bieber - One Time

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Happy birthday to Brody
Talk about a birthday present. Hills star Brody Jenner spent his 26th birthday in Los Angeles' Cedars-Sinai Medical Center having his appendix removed, a source tells usmagazine.com. **METRO NEWS SERVICES**

Celebrity Buzz

Lindsay's L.A. home burgled

CLOSE CALL Lindsay Lohan arrived at her Hollywood Hills home early Sunday to find her house had apparently been robbed, her mother, Dina Lohan, confirms to People magazine.

"The safe was ripped out of the wall, and the door was off the hinges and door handles removed," Dina said. "Bags, shoes and jewelry were taken, too. Thank God she wasn't home."

**METRO
WORLD
NEWS**



Khloe and co-host just friends

DOWNPLAYING RUMOURS Khloe Kardashian's radio co-host on E!'s Kourtney and Khloe Take Miami claims he doesn't even remember the steamy kiss he shared with the reality star, people.com reports. "We are just friends," Terrence J told People. "Neither one of us remembers the kiss."

It's a forgotten moment for the host of BET's highly-rated music video show 106 & Park and co-host of Khloe After Dark, who says he's in a relationship and he is "very much in love."

Talking it over with Kardashian he said,

"We were trying to remember who kissed whom first and we have both agreed to agree that it was just a long night where we both had some drinks and shared a good time."

On Kardashian's sister Kourtney's baby news Terrence J noted: "The shows depict her

and Scott (Disick) always having conflict but what you don't see is that he is always cuddling Kourtney. Scott really loves her. I didn't know she was pregnant when we were filming. I am really excited for both of them. I am also excited to buy them baby clothes."

**METRO
NEWS
SERVICES**



LeAnn involved in hit-and-run?

BRUSH WITH THE LAW LAPD officers questioned LeAnn Rimes Thursday night about a misdemeanor hit and run, a spokeswoman for the police department confirms to usmagazine.com.

The accident happened "between 7:30 and 7:45 p.m. in the West Los Angeles area," said Officer Norma Eisenman, who also confirmed a report by the Los Angeles Times that Rimes was questioned at her home.

No other details — including if anyone was

injured — are available. "It's an ongoing investigation," she added.

A rep for Rimes tells Us: "There was a routine police investigation into this incident, and a police report was filed. We are confident that this matter will be resolved shortly and LeAnn will be cleared." Earlier that afternoon, Rimes debuted her relationship with Eddie Cibrian, with whom she's been having an affair, usmagazine.com reports. The couple went golfing in Valencia, Calif.

**METRO NEWS
SERVICES**



No mat wear for model Heidi

PREGNANT AND VAIN

Heidi Klum won't wear maternity clothes, female-first.co.uk reports.

The supermodel — who is seven months pregnant with her fourth child — says her role as host of Project Runway means she always has to look fashionable so she opts to buy larger sizes of her favourite designer collec-



tions to cover her expanding tummy.

"My stylist tries to find things that are not maternity clothes, so I've been wearing a lot from The Row, by Mary-Kate and Ashley Olsen. I love their clothes. Marc Jacobs too," she said. "You just buy things in a size 10 — when you're doing a show on fashion, you still have to bring it on."

Klum's fellow Victoria's

Secret model Adriana Lima is also pregnant, as are the company's former faces Gisele Bündchen and Karolina Kurkova. Klum revealed her friends have been asking her for advice on motherhood.

"It's so funny! We must have been with each other for so long now that our cycles and egg-dropping must have happened at the same time," she said. "Adriana has asked me a few things about nannies and how the birth is. It's hard to explain and you just have to kind of figure it out."

METRO NEWS SERVICES

Miley a-Twitter about co-star

NEW FLING? It looks like Miley Cyrus and Liam Hemsworth are more than just friendly co-stars, people.com reports.

Last Wednesday, as Cyrus bid the Australian actor goodbye at the Nashville airport, the two kissed — and were "full-on making out," said Alex Emanuel, a New York actor who was a few feet away from the couple and witnessed Cyrus, 16, act "as giddy as a schoolgirl."

Hemsworth jumped out of Cyrus's truck with his luggage and headed for the terminal doors when "she jumped into his arms and threw her arms around his neck and kissed him and leaned

back and he was dipping her," said Emanuel. "It was like a scene out of an old movie where the guy's getting on a train and they're saying their goodbyes."

The two actors recently wrapped the film The Last Song in Tybee, Ga., and attended the film's wrap party together on Aug. 16.

According to Cyrus' Twitter posts, she is maintaining her single status. "I do not have a boyfriend," she wrote.

But she's apparently been teaching

Hemsworth a thing or two about Southern eats. "@mommytish and @aunted and I are introducing the aussie to cracker barrel!!! Yummyyyy :)" Cyrus wrote about taking Hemsworth to the restaurant chain.

She also revealed they like to stay in and nosh in front of the TV. Her Aug. 14th tweet: "I kinda want to go see The Time Traveler's Wife but I think I'll just sit around and eat sushi and watch Liar Liar with Liam."

**METRO
NEWS SERVICES**



Megan tries hand at comedy on SNL

NOT JUST A PRETTY FACE Saturday Night Live is kicking off its 35th season Sept. 26 with a head-turning host. Transformers star Megan Fox will take on hosting duties for the first time, sources tell Life & Style.

"Megan is psyched to have gotten this opportunity," a source told the magazine. "She has a lot of surprises in store for the audience. This is the perfect opportunity for her to show off her comedic skills."

Fox has reportedly already gotten to work on a digital short with Andy Samberg for the season premiere.

**METRO
NEWS
SERVICES**



GaGa for Brit boy bands

IN HER DREAMS Pop singer Lady GaGa has a very specific sexual fantasy, and it involves aging British boy band Take That.

"They're very sexy. I'm a single girl now and I love to have a good time," GaGa said, according to Showbiz Spy. "I'd like all four at once," she ad-

mitted, leaving out original member Robbie Williams, who's sat out all reunion attempts.

As for looking for love, GaGa admits she's looking to keep it simple. "I'm not looking for anyone. I just sleep with the guys in my band all the time because it's easier."

**METRO WORLD
NEWS**



Adam's fans behaving badly in concert

CROSSING THE LINE

American Idol runner-up Adam Lambert's fans are getting more risqué with the gifts they toss on stage.

What started with bras and glow-in-the-dark handcuffs

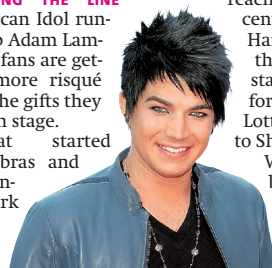
reached a new level recently when a fan in Hamilton, Ont., threw a dildo on stage during his performance of Whole Lotta Love, according to Showbiz Spy.

Without missing a beat, Lambert kicked the sex toy back into the audience. Lam-

bert previously told Entertainment Weekly that he doesn't mind the attention: "It's really getting creative. It's exciting. I think they really want me to play with these toys during the number."

But he admits he's been trying to ignore the gifts because he "didn't want to condone the behaviour."

METRO NEWS SERVICES



Janet writing therapeutic tell-all?

EXORCISING HER DEMONS Janet Jackson is reportedly dealing with the loss of her brother Michael Jackson by turning to the therapeutic power of writing. The singer is said to be penning a tell-all memoir, according to In Touch.

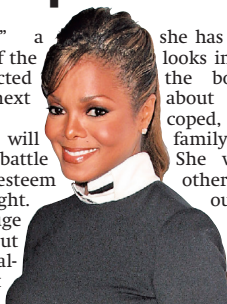
"She is going to talk about Michael's death and how it's affected her and his children and the rest of

the family," a source said of the book, expected sometime next year.

"A lot of it will focus on her battle with self-esteem and weight. She's a huge success. But that's not always what

she has seen when she looks in the mirror, so the book will talk about how she has coped, and about her family relationships. She wants to help other young women out there."

**METRO WORLD
NEWS**



Hugh goes behind lens for doc

NEW PROJECT Hugh Jackman has become a roving reporter to film a documentary investigating fair trade practices, femalefirst.co.uk reports.

The actor roamed New York City, popping into cafés and restaurants unannounced with a camera crew to quiz ven-

dors over what they knew about goods coming from developing countries.

The star is hoping to raise awareness for fair trade initiatives, which help struggling workers and farmers become financially stable and self-sufficient.

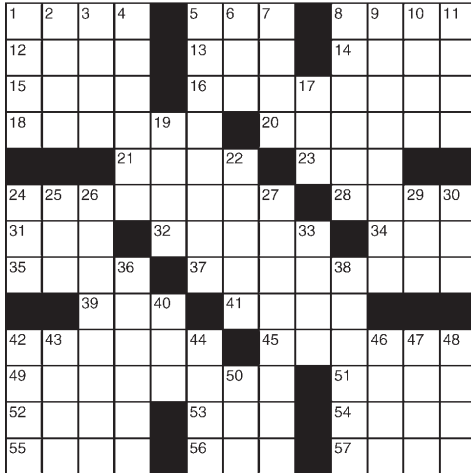
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Take Five



ACROSS

- 1 Relinquish
- 5 High tennis shot
- 8 Prickly heat symptom
- 12 Mimicry specialist
- 13 Rage
- 14 Pop flavour
- 15 Caboose's place
- 16 Erupt
- 18 Change the title
- 20 Groups of lions
- 21 Body powder
- 23 Slithery fish
- 24 Escape
- 28 Clarinet insert
- 31 Family
- 32 Blackbird type
- 34 Rowing need
- 35 Young
- Frankenstein role
- 37 Put your two cents in
- 39 — League

- 41 Use a teaspoon
- 42 — Sea, arm of the Mediterranean
- 45 Citrus fruit
- 49 Panic
- 51 Eccentric
- 52 Lower extremities
- 53 College transcript no.
- 54 Shrek is one
- 55 Bygone times
- 56 Bando of baseball
- 57 Troubles

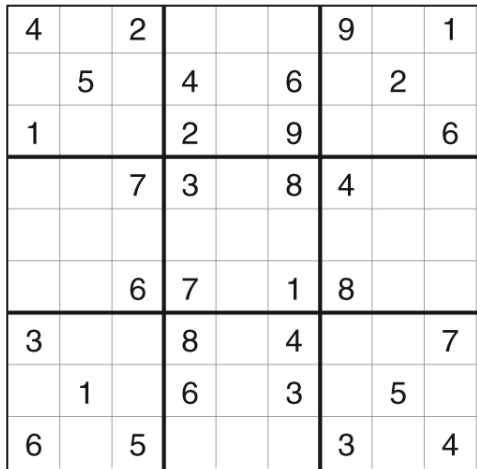
DOWN

- 1 Singer Vikki
- 2 Duel tool
- 3 University bigwig
- 4 Mistakes in print
- 5 Defamatory
- 6 Bobby of hockey
- 7 Road Runner's sound
- 8 More gross
- 9 "Bye"
- 10 Hint
- 11 Chapeaus
- 17 Exist
- 19 Shark variety
- 22 Points
- 24 Go slaloming
- 25 Diary writer
- Anais
- 26 Train driver
- 27 Shun liquor
- 29 Water, in Paris
- 30 The 5,000 Fingers of —
- 33 Den
- 36 Fly a plane
- 38 City in Poland
- 40 Tibetan critter
- 42 Doubtful
- 43 Sandwich cookie
- 44 Eggy drinks
- 46 "Forget it," at NASA
- 47 Bullfight injury
- 48 — out (supplements)
- 50 — Lazy River

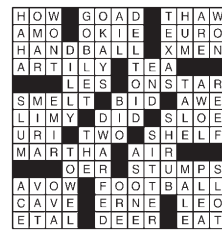
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



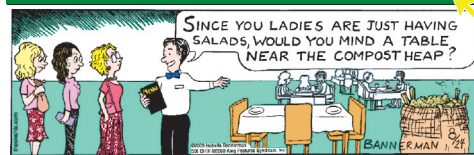
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



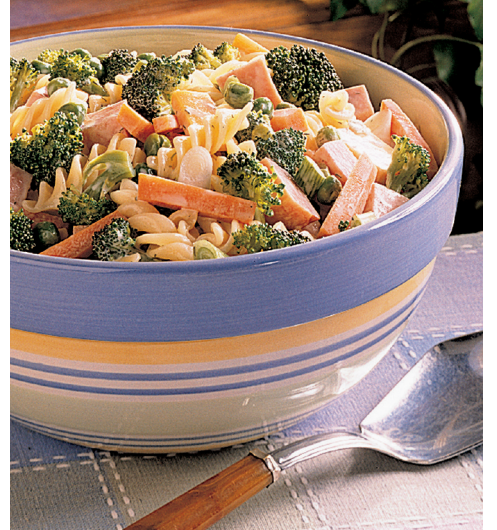
1	6	4	2	9	8	7	5	3
8	9	5	3	4	7	2	1	6
7	3	2	6	1	5	9	8	4
5	8	3	1	7	6	4	2	9
2	1	9	4	8	3	6	7	5
6	4	7	5	2	9	8	3	1
4	5	6	7	3	2	1	9	8
9	7	1	8	5	4	3	6	2
3	2	8	9	6	1	5	4	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Vegetable Pasta Salad

INGREDIENTS:

- 2 cups (500 ml) broccoli florets
- 4 cups (1 l) cooked spiral pasta
- 2 medium carrots, julienned
- 1/2 cup (125 ml) frozen peas, thawed
- 1/2 cup (125 ml) cubed fully cooked ham
- 1/2 cup (125 ml) cubed cheddar cheese
- 1/3 cup sliced green onions

DRESSING:

- 3/4 cup (175 ml) mayonnaise
- 2 tbsp (25 ml) cider vinegar
- 1 tbsp (15 ml) Dijon mustard
- 1 garlic clove, minced
- 1 tsp (5 ml) dill weed

1/4 tsp (1 ml) pepper

METHOD:

1. Place 1 in. (2.5 cm) water in small pot; add broccoli. Bring to boil. Reduce heat; cover and simmer 2-3 minutes. Rinse in cold water and drain.
2. In large bowl, combine broccoli, pasta, carrots, peas, ham, cheese and onions. In another bowl, combine dressing ingredients. Pour over salad and toss to coat. Cover and refrigerate at least 1 hour.

SERVES 10

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES MARCH 21-APRIL 20



If you have faith in who you are and what you do there's almost nothing you cannot accomplish this week. You're an Aries — you were born to succeed.

LIBRA SEPT 23-OCT 23



The whole world may be against you, but if that little voice inside your head says you are doing the right thing then just keep on doing it.

TAURUS APRIL 21-MAY 21



You should be full of life and raring to go this week, and if that does not describe you perfectly, don't worry, it will do very soon.

SCORPIO OCT 24-NOV 22



The cosmic setup brings friendship to the fore and makes you want to visit places you've never been. Put them together and take a vacation with friends.

GEMINI MAY 22-JUNE 21



The most important thing today is that you don't jump to conclusions, because there is a real possibility you could be wrong.

SAGITTARIUS NOV 23-DEC 21



If something isn't working out the way you planned then you must face up to that fact and take remedial action. There is still time to turn things around.

CANCER JUNE 22-JULY 22



If you start the day in a mad rush to get things done chances are you will end the day even further behind than when you started.

CAPRICORN DEC 22-JAN 20



You desperately need a change of scene and with the sun now transiting the most adventurous area of your chart there are no excuses for staying put.

LEO JULY 23-AUG 23



Some things are flexible, some are fixed, and you need to be able to tell them apart. That may not be easy this week, so keep your eyes and ears open.

AQUARIUS JAN 21-FEB 18



Believe it or not your life is getting better by the day, the hour, even the minute, and what happens between now and the end of the week will prove it.

VIRGO AUG 24-SEPT 22



Keep your thoughts and ideas simple today: If you complicate things you'll likely regret it later. Also, refuse to get involved in someone's personal issues.

PISCES FEB 19-MARCH 20



There's a chance you'll take what someone tells you completely the wrong way, and the results could be embarrassing — so don't overreact.

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